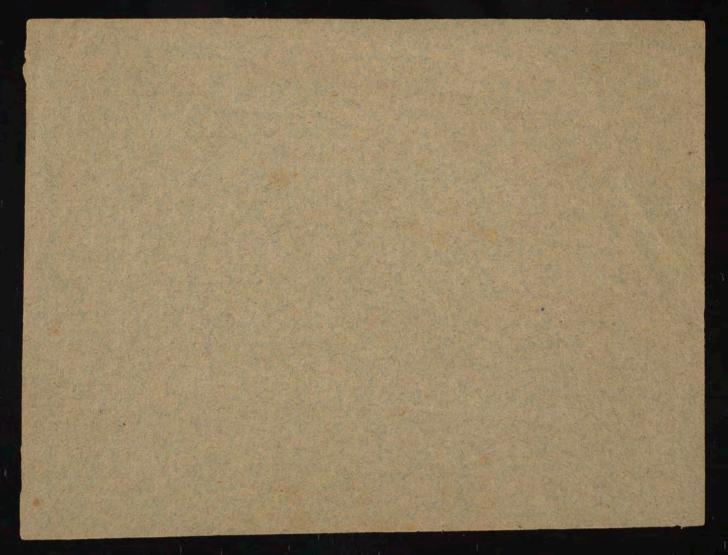
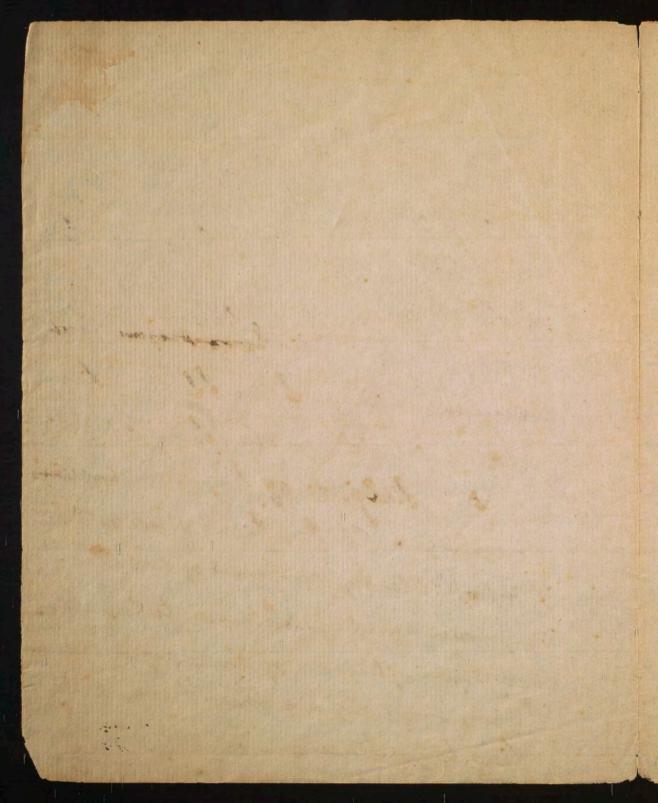
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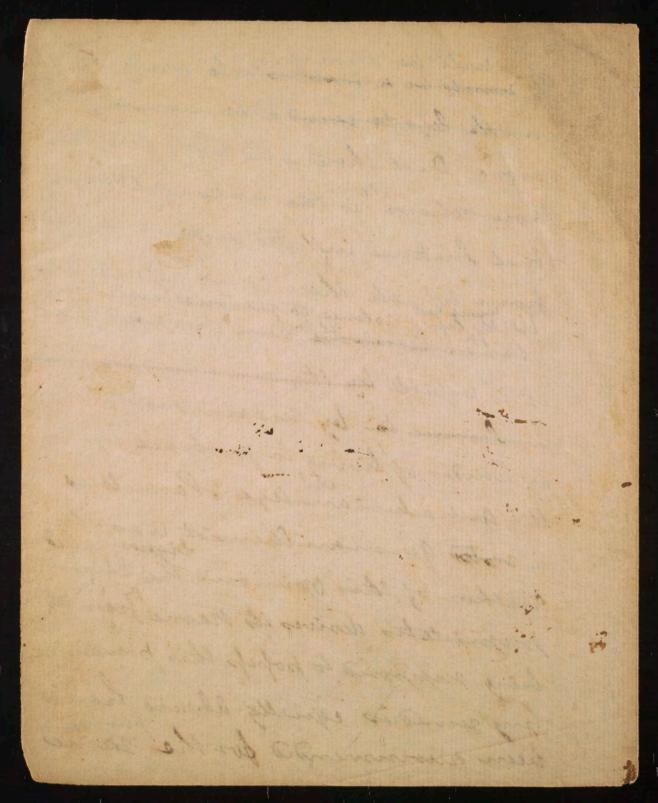
finished Dyzin 30 tof hove 12 1013. Lucsday give 4 lectures or Hause.



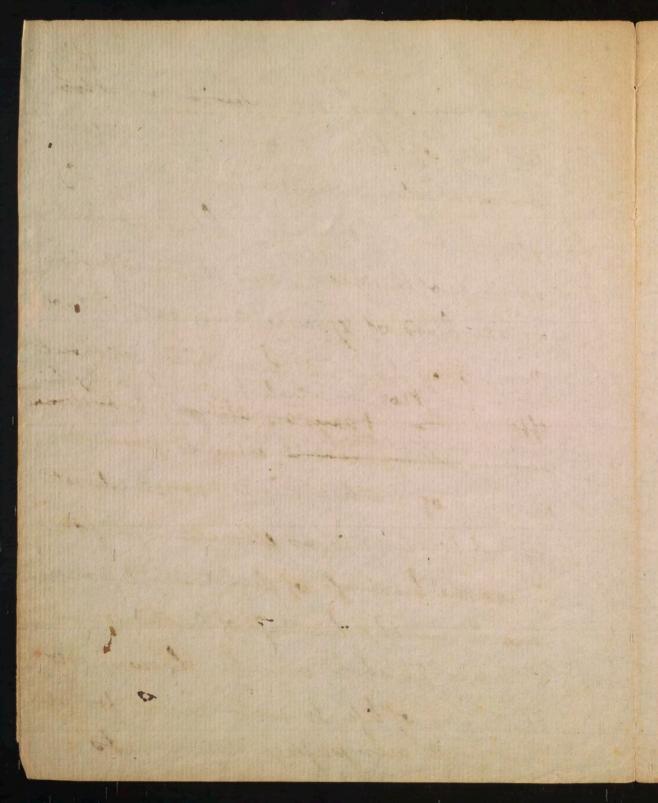
much has been written upon the means of mexering and prolonging him the life in all ages and Countries, the poets have added their labors to those. of the physicians and philosophers
upon this helyet. Som Befor Junter spendersian han blende them. - relies with it, as they have done with all other helyests of human inquiry knowledge. It has been supposed that it is populle by means of certain improvements in fine to Counter; = act the influence of time upon our bodies, or to upair this duay, and thus to produce an childy immor-



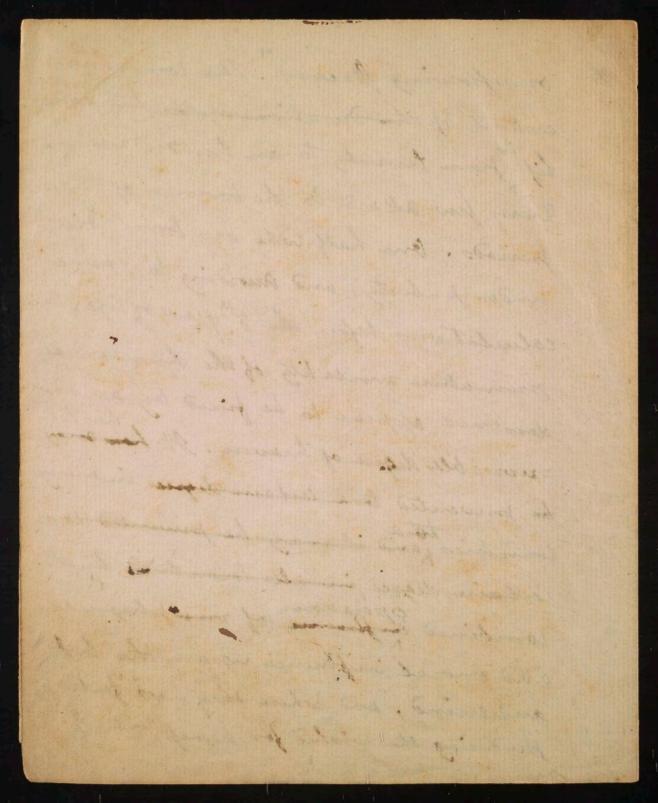
It would be a horoton a to waterfut, much leforto spond a sommet Mis enor. " Dust thou, and unto diret that thou return is the universal & pupe. - tral Sentence inflicted upon mand from which there is no reprieved.
With life priolence to reasons revelation,
With life priolence to reasons revolution,
It has believed the been supposed that it is propriete by the same information in Science to by certain medicines, or mores of living, to protruct life to the antidehivian age. Paraulsus a votor of this opinion. The Elixin proprietatis desives its hame from its being supposed to popels this power. man been runnended for the sound



protracting the ordinary limits of human life, a Diet consisting wholly of furits, and other begetalles, - or of with, - the exclusion use of water as a mich, - bluding inthe Spring of the year, and the transfusion of the blood of young animals into old Ones. They have all been tried without has bytheir that a single holiget has bytheir means northy others, any others per pour the means northy others, any others per pour the empire of death. Time [2 ays a celebrated french writer) is as eternal in perfor. : miner the business of distriction, asha-= lave is in the business of auntion; nor can an Arichor ever be thrown into the river of life to asto arrest for a moment our papage down its



overflowing ftream. The common extent of the Duration of the human life from teventy to an hundred years. Very for attain to the former of those periods. One half who are bover, die under publity, and auriding to some columnations before the 8" year of life. This menture mortality of the humansace, does not appear to be fixed by an inc. - wersable degree of heaven. It has been to prevented to a certain degree in every Countries and it may be prevented to a Certain degree, in all brown tries by the combined influence of me physical and enoral influence upon the body and evind, and where they have failed of producing the wished for hump, it must



be ascribed to the reglect of all those clative circumstances which influence let, have, and climate, harry, age, occupation, and the different Plates of Society. But the benefits of the Science of health, the not life. They are intended to present those built were life was something as the start to we consider the start of the second the second the second the second the second the second to while we do live. They consists in - but and happened. They consists in the know doge and application of certain areles for with respect to abinents, Drinks, air, Drefs, exercise, the famelies of the to the geleting and to the relative Circumstances which

V Begin with his first this when on aminal, and of hueth deper - ding wir a live grantity of thrushes. Company of the second s part of the second of the second Aguston &

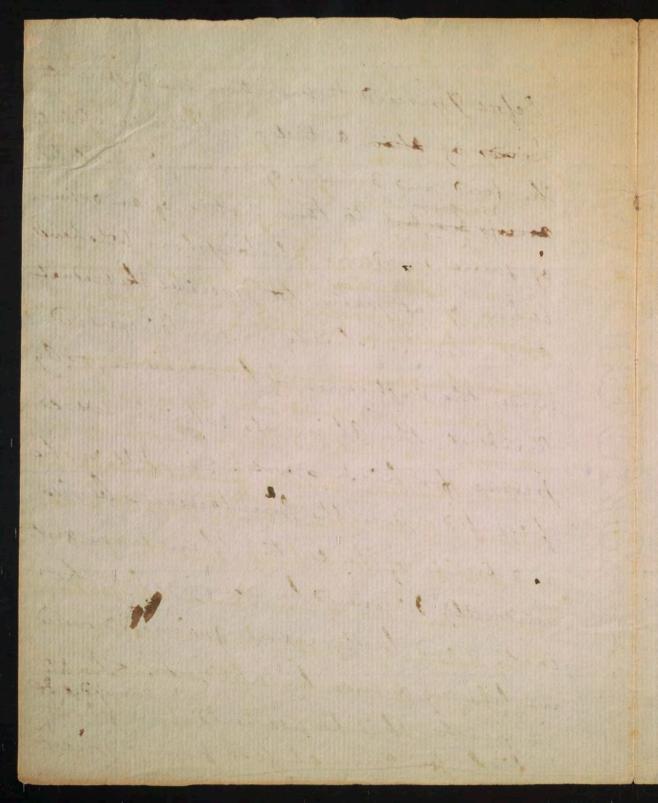
have been just now mentioned. In dring so the shorthon with endeavour never to forget that the is, writing thiefly for the benefit of the litrons inhabitants of the United States. V. air forther general remarks upon and upon the absences and derinks upon and upon the strong of a times and enances of taking them, I proceed to take enable and of the process of taking them and proceed to take enable and of the enable and o to take notice of cutain properties of to week of them as are in common Use in our Country.

himsens hearn just more onsers spring to the about the some to forget that the in making the ages, the benefic of the holesons while the ale less But to the second while degine hunder the second A Company of the Comp to take another of customin properties of so resel of their so are in Counting Elias in man lovernessing .

I shall begin with by making Join umarks upon abinints Horinho, in the I thall confine myself chiefly to those in Use in our Country. This part of our believe will consist chiefly of facts; and full contain but little of that leasoning which is so agreeable in will afford you but is will I fear be wondered as life proper for a kiliten than a room in a Emirinity - but gent: the July est is highly important. hor it aliments de mules are The from their qualities or quantities

are the Carris of many, my many diseases. 2 orrsprincipal, on must durable, own most Infrueble unedis are take deines from aliments Danisho . and It is certainly multiply for atthemicing are the about and bythe thinkings within to be augustion for a commetions from a forty in at and Styp: Buf 3 my gryont a better lot in life than and Physicians have go of this life to with out titting down at every latter in which Estrinents de Drishs, or what is called good cating Drinking will not cousti: - tute the principal pelijet of Convenation. Wilhout love Enough of this hely it is will- be respected from your ignorant of wery other things engymed to be more unful in your probepion. V It is cutainly as mupary for a physician to be arguainted with this Composition, as with the Composition and done of the articles of moreine that are prepared in an apulherais Shop. The most shiffel, the most jugueller bethe most bruefful Johnsicians in all Countries have been those who have here most attention to the dictor Verirles of their palients. This The His .

and bear of well said in his franke



bring his fingers in larning a price of flesh white it was offering up as a Sairifie upon an altar, & then thenting his fingers into his mouth in order to are as alterestes hapothetical, as that which improves that man apvening afortisting in alsurety in with the ogninion of Dur having at by gradual and anidental means, from a Savage to a civilized flate. The arresse of what has been thight in both Cases is appears to be alike true & man was created a civilized being, and the first Committees of ever here all wilized. They beress gradually become lavage from the lop of Religion and letters. This time time from the initiaed, to the farage State is

+ & The Indians in this country are of this Opinion, and hence it is a common raying arrong them, that white men somen herome no men that is Indians, than sed V the habits of inilized life that he Juds upon the bemis, fruits, and . o roots which spontaneously spring up upon the earth. a second and and answer answer in a favore to a critica flate. The agence of where has been bought insert here is The things of the second of th Commenter of anen been of the form They bear you and they bear for the the left of they we was the . His home from the opening to the longe tal is

easy, and common, and have the early existence and immense muchen of lavage nations in every part of the world. In like manner at the Diffe:
Thehstances upon which
feed of alisants regions which and institute the which rom Time for in wilined life, were appears to have hum paraled former the aliment of the father of the human sail they mere I believe pointed Out to them by the mean of revelation, without a know hope of them toursonive ted in this which he would probably have puished by famine, or distruyed himselfhy It with It appears probable But

5

V It is no Objection to this Opinion that some of the most important dis: - coveries in this Sienes, have been made by anident, and not by the reasoning detoher informats in this Sir mes have but hem defined from audusts instead of the exercise of the everoning fatilities of enter they familhets of man; for what is anident as applied to the Subject before us anident this kind of anident; but a Subordinate &peris of Revelation . A 7 fee and insert from vene 24 to A love all admit a knowledge of the existence to profestiones, of the Diety to be from Revelation of is I believe yoully time that all the plements or joint principles of all our agricultural, muchamical bornestre knowledge, as also all over forms of the civil government were from the ly his Jame South of Charles he saw for the work the first brit of Cloubs he It is highly probable, I bedies further that the manner of proparing his abinent by many to as to make it more phasant & mubitions was consumicated by revelations and That withoutit, he and his posterity would have been as deficient in the . Remobbse of Corbery as the brute breaking -It is not mupary to suppose that he was instructed in all the details of this useful art. Be the knowledge of the Journ I twenty letters of the alphabet to which was it has enabled men to compose words and languages; to a knowledge of.

a few primary articles of the atiment and of the there will to the thing I have to to enough the strange of preparing it, have to to enough the there is the enough the there is to enough the there is the there i hundred discoveries your this helyest. V

louisering his therman by I Habit the mine ledge of Godening or the Can in you have the the town days of 4 himly letter of the no on it has mantled energy hardward to mage of a kind with the store 12.

In an is the heature of habit with us put with respect to his food , as much as he is to so to chimate . as he was intended to him in many part of the globe, he is huppily auomenwated by the value of his appoint to liveryon Ahiment varied on its nature origin, Ineparation and Inistrue into an insuense Variety of Ways. Hence tolike has hun called an ornerivorous knimul, to Distinguish him from those Knemals, That live exclusively on thirty upon flish, grafs and grain. There is no food of any heast, or bird but what he has coture, sood trien fragends

V mefend by him as heticles of wonishment.

I here there seemely a bes graduped, a bird, fish, superture insect, work or Superet that has not brown or Superet bat has not furnished not only food, but a brown in lain age to Country or age of the bould.

6.2 The flish of the horse, the ap - the day, and Show the blood of the goat Lipux all win. = poses a part of the ford of all many different grations. Bart of those articles of food huma hom afforded him notouly Donnishment, fort a feast in this putied State. He this those we some umarhaffe instances mentioned inthe transmitights of the frammations of the Society of Philaduphiano which Housished love years ago cot longs writer I The same versatility of applitule and dis-- position to habit, appear in the famility with which and species accommodates to different kinds of begittable food. Of this history and travels francish les

V pleasure and wourishment to the to appetite and body of man when taken without the last misture of any other article of diet. HE TO BE A STATE OF THE PARTY O

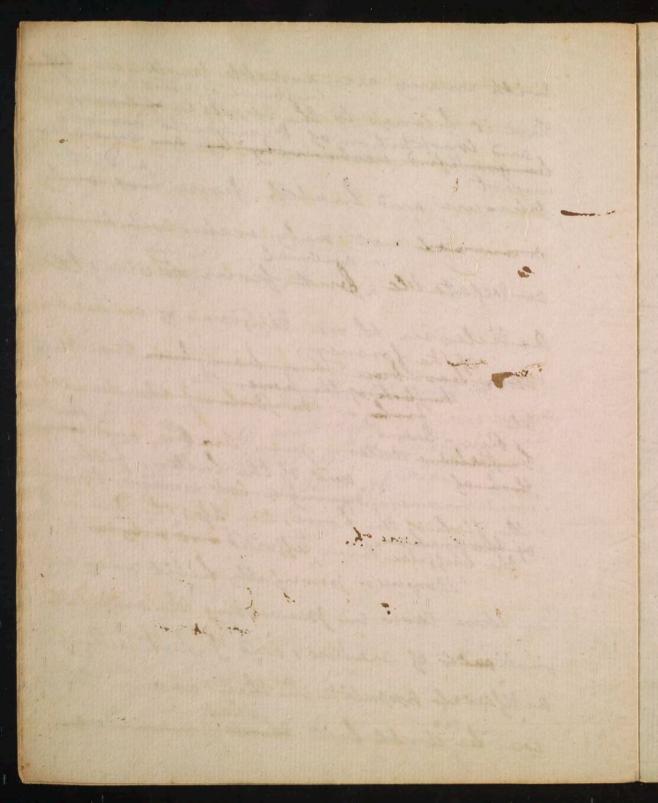
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But it belongs to the apprehite of saint to desire to land constitution of agrage to desire to impart with many umarkable instances. While Johnsure and health from not only trained not only exclusively buind or against, many tringle articles in those kingdows of evature. this book of the home the franchis the during the first of the flood o brothelser dates - gum arabio, and were State of and of the latter, fish, & the flesh of the house, the ap, the Bur and of the Duffalue have afforded water of However powerfully habit may act in these cases in preventing the original instiplets of mature, and Jubilitutingan can be doubt but that from was



intended to live and region town thiments are telemented to afford phasuake South to man throw When, and that man intended to live upon a misture of Am Vigetables and animals food, and that cutain articles of both were selected in a more pendiar granden for his use, as hing more cescly Obtained, and more calculated to afford phose him phasure & health lan That man was disigned to live open regetables and animal food is obvious , from an instructive which for them. 2 from the Structure of his teelle, and of his alimentary Canal, both of which are formed upon the Compound prin; - ciples of Granivorous & Carerivorous

I V From the yeater, builte, flowthe and victions and longerity of individuals, who live upon a mistru of vigitable and arrival food . formation theres has

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Johnson San Branch Commission of the San State of the San

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7. 3 From a viet consisting of wither of Harn morning but has being 4. friendly to health, and longerity, thank it of This it would be easy to produce many alone disposes to the winds from a want of to the discusses which arise from a want of the proportioned to labor, I to promature from a want of from the proportioned to labor, I to promature while 00 age and death, i a Diet emsisting ex= - chesively of animal food, Disposed to matignant finess - Survey, and emptions Von the Shin, and I these by it is the form These bygestions of reason and experience in Javor of a Diet consisting of a mixture of Vigetable and animal food are maderial more Revetetions positive Commants, mes

of here in my Om of the Vanses probably was, had man lived on Wegetables only, it would have a quired mosts to a greater quantity A longer time to fill his belly than was compatible with his duties in life. Lups appetite for flesh severathe prophet member of + This is the love with all herhirowers arrivals -

the commentestement and by the examples of the all the wise and good men whose lives and less are morted in the the sto & new testaments. V Let it not be mapposed there is any Crielty in These the governor of the how in permitting the life of one Animal to be supported by the chath of another. The Command to slay be est " like many other Command is the effect of overflowing goodness, for by The duthe Constant destruction of every animal that supplies is with from rovin is given for the existence of more works come four and & partake of The blefing of life. It is by this minns that the various Spires of animalshave been preserved alive to this day, for has

the same of the sa Commence Singlement Course summer dieser despet from when the sight were to suppose the Le it and de suppers mare Consider the many the many of the consider of the second with the second of ent " lake come when lower and when the second the second from and the long man of the same of Commence Street Reporter was any and of the said was and an asign as the way more with come formers and the same with the first of defin. It is my things Whereas House the Paris and there for something a think is the day for her

not their encuese been before by their partial distriction, they must all have Jourished in Consequence of the present the Want of Subsistence long ago. Hall the downes tie Animals alone which have existed within the last hundred years are taken into Consideration, the mumber of them abnost excuts calus : lation, and yet no love of these would ever have seen the fun, or partichen of those animal phasures which they mobaldy enjoy in a much higher degree than the human Species, land which constitute with them a chape of happings proportioned to the absence of other pleasures Julys the Ancestors of

8

V Strangers to the norture its for & and Consequences, and of Course to its fear;

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Maria Language Control of the Contro

Those arimals have had composed a part of the food of man. But further, the Distruction of animals by the knife, or in any Other way, prevents Death from chatter disense, It libraries prevents their age, for in that helplip stage of life, they can him a no both wor happort
like the Contrastrant human Species with relation
from Affectionate and interested relation
inability - ons and friends. From this ignorance anviewer, thry are throngers to the fun of delle They are probably ignorent of its nations, home the hours from this inability to Tran inferences from the death of other animals to asto apply it to themselves, have the have which it to themselves, have the have which is east one frequently to death from the pour the pour the brumber of its anemies is the

V It is from their wants of inability to module the accumulances which in other aminulants out of the books that they do not Distray themselves. Under all thier complicated beforings from the night to Suicide from there, to the crime of the I that we redown tread upon the earth after a thomer of rain, or in hale the air, to all of enjoyment than they the the Durustic animals that are the Objects of. our enispland Compapion.

most playful of all arrivals, The lamb too from the same chuse is food, in pleased to the last; - crops its flowing, c, and licho the hand just ruised to the this histolood. Even white animals are Dying, it is probable they are not conscious that their prime or lop of blood is a previous Stips to the lop of their existence. They In most Cases I believe it exceps upon them with the gruttenep, and perhaps with the pleasant finsations bene it ruspary to mys forther arguments to the mors, and morbid Tensibility of mind which object to taking oway the life of inarcent animals in order to gratify the Apple -tile, and wourish our boties, it might be added that we live muparily in a constant flate of war with thousands of animals, and U

the Stimulus acts by its weight, by disturbing the Stomach, and on by it an animo active on purgent of uglity in herent in it in which care it with a line this line that faithty or difficulty with acts lihuwise this the misium of the organ of thests. 24. or gradical manner in which they yield this nourishing matter to the body. It is, To he not newpary for libinent to digest 45 willy in order to support the Strength and life. On the contrary there are thous to be mentioned hereafter in Which aliments thruto be preferred from the How manner in which they pass out of the Stomach. U began occupies the first grows in this Scale of warishing matters - vit the next, and mucilage the lowest. aliments =

Aliments of all kinds out in the bourger inthe following Ways. Fig their bounders independently of this nourishing qualities, imparted to the whole Typ term through the 9.2. Indian of the organ of taste of the Storach. I the Storach. contain, and by the greates or lip faility with which this nowishment is extracted from aliment was boy the powers of the Itomach, and Converted into animal enetters

Alt aliments of an nourishing in propose

from their containing more or left of the substances

Those to the year title of the following matters

Turnstances Substances in them, town in the order in 2 gelatin, to allower Dennielage. = are said to contain in all those to those hebstaness Calcarions enth & some Carbon cach of which it is said contistrates in

V Scale of nomishing breakter, & sile the V They Contain liberise and an alha. - line & muri atis falts - a principle of samidity and putafaction and a quantity of air, what Irom which I

greather the order of in which they ought to be pland is not known. The thing thing watershing to di-ly this stimulating - watershing to di-gestible qualities a for these are so mixed, or so much influenced by this more of preparation, or by the age, and flate of the fermach of the persons who feed upon them, that it will be impossible to class them, in giving a history of their relative filmes for the Insport of Brumal life. - The feet win aliverents which with thinsthimules simposed of shall therefore Qualities, and apply them to arministances, and apply them to arministances, and apply them to arministances, and habits Constitutions of differences and habits Constitutions of differences and habits Constitutions of differences and habits are also and habits constitutions of differences and habits constitutions of differences and habits are also and habits constitutions of differences and habits are also as a difference and a ment Claps of people.

I and which indues in it what has been called the panerous firmutes -time. A STATE OF THE PARTY OF THE PAR

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SERVED CONTRACTOR SERVED STORES

The Wegetables which constitute the envishment of man have been divided into grains - roots - teels - fruits prothers, and fallads. The grains most commonly employed Rya - Bashy - Rice - and Dats. wheat is used chiefly in the form of biscuit and bread. The former agains which mans it carries more of the Jahra into the Hornach and thisky fait that its digestion . It imparts more strongth to the both than haven bread. Water, Bread is made with flower and water, lived in to live the by means of his conveyed into there from yeast, or any other matter that contains it, - It contains a

Then begetable which with Commence from the former of the former of and falladi. The foreing sound, lovinously all Commence of Marie Plates and Commence of the same of t what is not chiefly in the 'for being and breeze. The Journey is a more analisation that the later of taking into the figure he and the ing from the to the distributions . The immediate Brief is made in the second of there from years in some of the that love and set in the love

great greantily of gelatinous matter upon which its evourishing qualities which its evourishing qualities chiefly depend. It is terest wholsome which depend to the total or hot bread, when taken was "hush or hot bread, is and difficult of digestrom and auor:

is and difficult of digestrom and auor:

I ding to Lineaus is injurious to the

It is comstimes made with with instead of water, and eggs, hyar, honey and butter are oursiveally added to the flower of which it is compried, but h all these additions Detrait more on lep from its wholsome qualities as a daily article of food. That bread is best, which is that too much baked, that made of full ripe wheat - that of Just flower - that is in sufficiently

grand for a lity of a Middle of the same in the state of the state of the when the same of the same of the same 14 coming the state of state of the same of and the second s white of war and the first the Marie Constitutions and and and and the contract of the contract o The Mark De As Comment of the Market the process it to be described in the first de la contraction de la seconda de la second and the same is a sure facility in A top of the second of the sec A Comment of the second of the

chrated, or firemented - that is will baked,
that is mitten Invist, nor Dry, and
that has wither a sown free taste, non
smell.

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Rye affords a bread, less dis poset to buone Day than wheat, very nourishing, and disposed to more the bowels gently especially when it is not very finely botted. a pleasant bread is made of equalparts & of Rye and wheat flower. He Rye flower when brilled with water forms both paintary and agreeable to invalid, is cale phospert and agreeable to invalid, taken with with, or with a little butter and Jugar 1 or molapses.

Indian Cores is a wholsome & very mery metitions grain. It is used when grun, whom for brilled upon the Cob, or grated in the top, or grated

chrotis or prevented in the is well broked that is muchten amont in my and that has mather a some home light was " they sport a bust by niporate lucining One them what wan marrishing and Disposed to move the broads of the spiritly when it is not very finally halted. A pleasant been is anode of equalpant of they and wheat flowers. Jose Rege flower when loved in the water forms on exections about a soles much being the to institute in sales phonosome one requested to institute the second of Let ferhin much with in with a little the the was sure and week from the which and open is to the grand of and of the and he signed for about the is in the where some in the for the less region the Color or prater

very fine, and baked with cream on with into a pudding, and Afternands mised with a little butter &falt. The Indians in this wintry mix equal parts of the grun Indian Corn Dried by meurs of heat, and enuple higar together, and in which flate they presence it for amusally bat it prepare it for appears. They tat it amind built a little food by boiling it in water, but boat to war, and De la they limit it they mix it with (all batter, and use it in the higging as brink. - prepared liberise for Indian love is my hilamise 4 mink . in the from food by howing its sausk taken from it & in which flate it is with in with brite to with brite brilled with brite meat. In this flate is is called Hommony. It is called small homemony when the

va light and pleasant grant is ble - thine from boiling the flints part of the cover in water, and afterwards Straining it, and enabing it pleasantly a printer with aftering to it a little hyar of wine, or lingjence. It is life nomishinget than the furine of the form. Internet the - Hibites for Buch toba Cakes resimiling win this approxime Buck wheat lakes, but of a vove nourishing grapity are made by mixing four parts of Intian flow with one of wheat flow, and ad: - ding a little yeart to them in order to raise or lighter them. They are afterwards baked, and eater like brick =

grains of Comer are broken in mysains it. It is pusther, mude who when is called Point - Irlinny Cahe, and a proling , The last all which from an aqueable de wholsome aliment. Persons who fud upon this grain in any of the ways it in which it is prupu. no capable of great leber speaker prisons who live preserves and in labore than formather Cos of any other grain. an exiellent River is a simple or mid pleasant busin is much of ignal parts of wheat and Indian corn flower. It retains its Invisture lunger than what burd alone, and it is gently up ming to the bowds .- V

praises of some see broken in preparing Incorporate aprile manine manger of the top in the Educate a fine formation and a into which VIt is much improved by previously grinding the sice into a Coassepowder. worn bound enroful to pourge. may of the long the text which is form and me capable of speak lader which province and in later the framities chan of my when you in a mall and ". Pour is in home polar or I promise and bring is wind to stand points of brings and Sudian formation of middle cond monature funger than what ins allower and it is protty against to the the will be in the second of the second

Rice is a Wholsome & agreette diment. whole vations live upon it, & Et is
when brill in with it forms to the with pleasant aliment for Children. It makes an aqueable purding when mixed with enille and 1445. Raisons are emetimes added to this pulling, but a hundful of dried purches impacts a more agrand shasant taste to it. It is Cometimes was liviled & used in its eximple that, instancy with meat instead of bread. It borns a useful ingustient in buth, and it is a phasent , Drink for sick prople laborering under arlaxed browels when brilled in water It is removed more useful posthis purpose when moderately like yours of Rice are lumitimes reduced to a fine powder

The state of the separate of the selection of which of the property of the same V a plusant buad may be made of Rie by an mixing it with potalows, on by adding a 5:th part of Wheatto flour to it. The latter addition with a little yeast forms a cake superior when eaten with butter to the Buck Wheat Cake. does the money of the product of the

by first briling them, and then pouring off the water in which they are boiled, be aftenuards planing the velet well covered over a slow fire. The mall portion of water which they retain is by this which divides and where the grain to and this plate cater with enilk, er with a little butter Usugar. Bardy is couly was There is not the least found ation for the opinion that Rice is injurious to the me light. Barley is siliam used in bread. It is a plusant iegsedient in broth: whether whole, we bed Its now and in making burthall be mentioned hereafter. Date is used in this Country as aliment for sich people only in the form of genel, It is they light, they of digestion

V Buck wheat is mod only in Cahes with butter. It is in this from 2000 more entity mourishing, and when not overloaded with butter carry of disgestion on Barrow in the Chinese make a paste par prepared from it which is as white there is my made as know. Daviey in sularion made in minutes in gradient in late whether

windows the arm some in washing handle

Martin and in this formation with

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and to have by till to bear about

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his forms harding them, and then premine

off the boates in which they are holded a

aftermed pleasing the legal will consider

It is happily frited for this purpose from its being sany of digestion thefooding but little unnishment. When infund in water and Inffered to stand will it becomes sower, and then strained and was orated, the residium forms that aliment which is called Sorvens. It is croting, and pleasant eater with with with, or witheligar and The Roots most commonly in less as aliments in the Writed States are potentice. The bulter. V in the The potatoe contains anothing of each of them.

tions matter of wheat bread, It is mile. Ashasant and wholsome vigetables. It is eaten brilled, and roasted, whom was It im. of what, but and render the paste

V The potatoe may be preserved in long Voyages and in hot chemates by being previously heated in on over to such a clique and as to distroy its principle of Vegetations when pared and cut into small perses and enten some with Vinegas, it has lund from an effectival remety in curing the Scurry. Those another free " of the p: 249 of common place book 1809 | & makes a Johnsant loops when 3 parts of it are brites with one of prions and a little bread It wount afterparts be

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an apple of a Dumblin or Judding, When mised with an equal grantity of wheat Slowers light, Spongy, light, and easy of digestion. his lobus linelain directs them to be prepared for food by being first half brilled, and than wasted, on by being first Scraped to as to open a Consenuiri cation through parts of the Thin and the extremel dir, then brill in a little less water than will cover them, and afterwards exposed to a gentle heat Thatil they are completely all the misture they was wasposated from them. He dints further that potatoes of the Darne fire only those to be boiled together. V Innips are less amunishing than the potatoes, and when rousted or boiled

I They are depoined by of their bitter . taste by first lower infering them for two or three hours in Cold Waler, It Skin that is commonly in the ordinary way of Draping Cooking them or be thing first territ so in to a lower municipalier through pour of the Hrained and cuton with with fourth bred after bring first mude Javorery with a little Salt. with the state of and describe out by investing the start the folding his little shall on this.

Constitute an agreable Wwholsome Aliment. Parsnips Carrots & beets contain more 200 Intrisvent than the potatoe on the turnip in a given grantity. This has hun doided by an experiment with respect to two of those vegetables. Two piess of the same age were weighed on a certain day. The one was fed upon passings, and the Other upon potatoes. at the end of a mouth, the One that was fed upon passnips had gained eneral onnes more of weight than. the One that was fed upon potatoes. tall The sorts mentioned your this head re= = griere the long application of heat to revær them may of digestion? The passeip is much improved in its go taste, and who borne qualities by being slaved a few

A STATE OF THE PARTY OF THE PAR a we of the vertical and the page of the the addition of Salt on V lowerry ley boiling a peur of falled ment in them. This consistence may be varied by the greater or less generatily a pier of loft bread renders than more platinoses grateful to some stomachold Lelfos to give them the Consistence of They are undered mory nowinghing by a being be thrown into them, or an egg well beaten up in water the boiled in thism.

and the second water and the second of the second second

aminutes in a frying pan or upon a spid: - crow over a hot fire, after it is sufficiently Oriano belong-abile to the cooks afford but a moderate portion of nomishment, but by this Chimeles they impart thought by the body. They are excellent priceles of Terms the longer the longer to their Cortice operation of they upon the body they are at qualities supply and for preferable point to Aprints which are too After usualis to by that class of people. They constitue = ted a principal part of the aliment of the Children of Israel while they works in the Lot and enemating Climate of Egypt. They form a newpary part of all the vegetable Joops. One 3? of onions imparts to protatois - Januarles - Jonase - beans to the flavor of animal broths. They are sended that more

I The disagreeable hnell which the Osparagus imparts to the Wrine (0) which is an objection in some people to cuting it, is cranpletely obvieted by taking a frill on two of which ourse transmitting After to. which ourse from sine boards when expoud to the spirit of his punking wond answer the hears a principal part of this food. It is was a common article of chit among the Levo. The Romans were much attalited to them. The Chinese make a bread of them by first printing or granding them, and then mining the course pourde them Obtained with water. The water is poured the beams, and when suffered to stand till it deposits this powder. The water is =

of the feets peace, beans compose the principal Claps of abirments that are taken from the Seeds. They pregnice to be well boiled in order to be unfinishing, and ency of digestion of the pea when Drid in its and preserved in its green flate retains During the authorn obvinter a good beal of its phasant taste. When briled in omith with a little flower, and affine of bud it from an agreeable vegetable. ingubient in Joop. The different kinds of because are used in the same way and The potherbs, Spinach, - Asparagues, - to the different kinds of Cabbage, are christy em. - played as articles of drit in the United States. With last is offenius to the former It is to

= then possed off, and the touter when Dry is seasoned with a little falt, and cut and exten as bread. all the treatables that have been mentioned and carry of digertion in your Should be well brites in There has been a good chal of Contro: Every upon the manner of preparing all the " Vegetables that have been mentioned for the lable. It may be tettled in a few words. When ougetables are they are most ensity digested, and of will brilled they are most ensity digested, and of course are most fit in that flate for pressous who had sedantary or sury lines But thelefa they partate of the action of the fire, the life enoity they are digested, and of liveme the mon fit they are for men who labour from their subsistence. By lying long in the flow aik they thinvilate the whole body & keep of langer. Half baked bread is often eater by the prasants in Rufnia, and half briled potenties are cation by the propose of Inland for this purposes, "The Jermes imilate the this practice in

be regretted that theolist which is so your. rally agreable to the teste, is so often of: - fensive to the Stormuch. It is best to When it is raised in power ground, and after it has been exposed a por buchs to The frosts of november or Duember. He Its offensive qualities to the Phronach are like - wise much lipned by briling it by itself for a lbout time, or by Inffering it to infuse for the to the hoche or fifteen hours in water a little below the briling point. There is a wholsome atiment prepared from Cabbage called Sour . Crout + all how mesened alsohuns - marke by sult Diving De. of dear the strain of the strain production of the strain strains

The same of the sa

- Juding this horses & Cattle. When they wish to fatter them, they goods boil the roots & grain they five them, but luber they wish to Derive the greatest advantage from their labor, they give both in a crude that the first limit into such the support of the citron 2 into such and are aird - as the limit - the citron 2 into such and contain a mixture of saucharing mutter with an aw so the brange the upply the pear and the peach - the plumber the Cherry the Than larry - the grape, the brulbury - the glouberry de of they are axide in the Consaint; event as the certain kinds of plumbs; a Compround of aid, and the having malter as the Cherry & the Chamberry; a compound of Jack asing matterde he ates as the melone 3- a compound of Jacherine and astringent matter as the graince & the pensioner, and almost the cowa - and one of the hickory wet po lily as the walnut, the hickory wet poster they are all amerishing in propose - they are all amerishing in propose - they grantily of Jugar they contain,

16 The faits thatis states abound with and aliments they are used chiefly as are - liches of hearing in the United States.

They always in Saile in matter, and contains

when prefertly wife, and not heptitille
a good that of manishments

probe factions begins in Theresa They are more the consisting , and the When talen in Enverate grantiles they do not disorder the Stormalinor bruch. To ascribe to lany part of them the Discorses of humaner or autumn When taken perfertly ripe, and in a found State is as abound as to ascribe the yellow fuer to the thips which amive in the best Indies in our

With them beny reguines by as, I thank Some of the melons require persper and latt, and the Commenter vineyar Dil to senden them agreeable to the appetite, and easy of digestion. of digestion. The be cutin before dinerer The state of the s I forme of them actain a point of their · flewour when meferied in hugan and spirits, as the tramberry, and the mach while others of The same and the second commended to the same of the same filthy harbours in the romether of angust and historiler. The Coincidence of Discuse this improved Courses is alty withing with the brief thips is accidental in both Cases. Instead of abstaining from themes we as wouldborne, they throwed be taked from a ment of their creating Diseases, they thould be taken to Inwent them. They obtain anid bife, and discharge it quitty from the bowels, And thus lepen the heat of the body in humanits this pradities when Died. This is the Come with the apple and the peach to of them afford a Iries from which wine is obtained. This The Currant & the Rheseley are oftnest used for this purpose, while The the arid and brust fruits are rendered by being baked, or by luing, by being mixed with with curen

filety hardware in the annual the of large of and the transmit of the second things is suidental in light Cases. Sentia of abolishing from House ber so wouldown him theman be to be to a most thing oursely Director they though he talem to bound them they stains wis life. and discourse it quity from the bounds, however, the first of the houte this per divise when Prices : This is this constructed of a south of the south of Here offers a fries from coloring loine · Hering. the the home we will thenking Windows a suggest that the season the season the personnestable by being bakers raly

The fallage are anther articles of hexing 1%. than of aliment. The townson setter, to they are within and entire to the action of fire before they to render them represente. The Salada endine, the Salada e to this Claps of hels tunes employed in that. They require untain additions as bringar, pysper, and mastered tounder them palatable and thinulating to the stomach.
They contain but little moinshment.
Thaven the profusion of the alie legeth. : ble aliments in Our Country that have . been mentioned conts are sellown employed about the filbert, as Articles of thit. The EV about - the filbert, based my the fitter fitter based based bother filled history mut, or thell based bother Chesnut compose a part of the disert, after our meals. This are too

Bright and the same surfaces V Chocolate forms a planant nomistry = ment either boiled in he ater, on eatin by itself which Its almonds Deprive of their bits Skin - then bruis co with loopsugar and mixed with warm water, apport that plaasant bland liquos called almord with, which has often been prescribed with Jucels in pulmonery Consimption. It way be used as a fub: - Hilute for cream or with with lead Coffee at for The state of the s with me ancelo. This sac see the

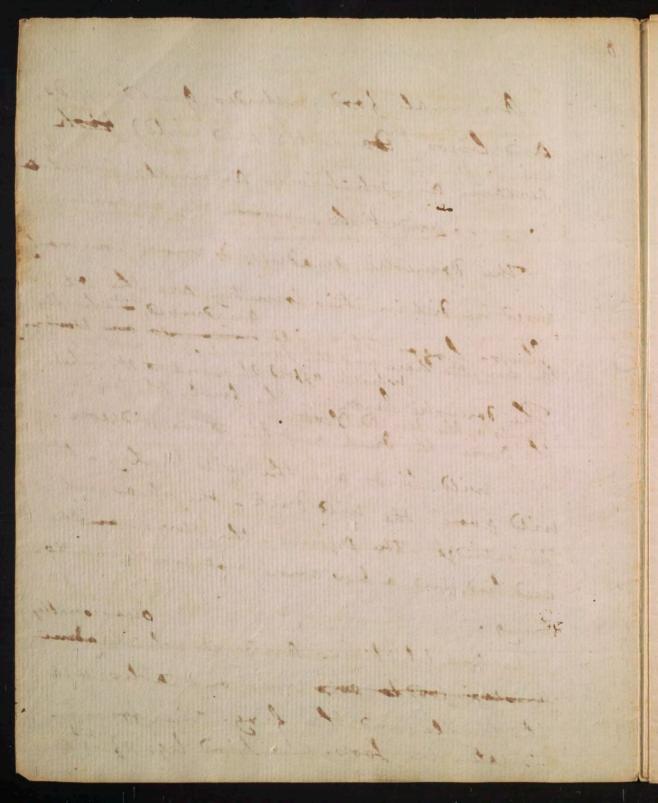
The fel is a gotte with the

have of the comment of the

nomishing to be taken in large quantities in this way. Them a tright hierory, much between two pairs of hat piron, of bil; now I ame by bil; now til me know occupies the mond grade in The Articles of which afford mourishment to the body. The Chesnut When Dried, makes an exultent injustint in Surp. When caten won After they fall from the tree they are said to affect the head. with D'Cabannis says a priest in hoance informed him, that the mumbers of his parish were instructed with more difficulty at the Fine they fed upon raw and yoursely Collected Chessiets than at any Other time. Dr Hoffman has remarked that Dysentices are most Common where propple fud thriefly Slower, and butter into what is called V

reversibling to be taken in large parambles in this way, own a single himory annicated - Agratic & amphibis - annicated - Agratic - & amphibis - annicated to the body. The Chesant bolem Dried modes an a cleant ingrabinet in Soon. When cater soon offer they fall from the brewiting on said to appet the lad with 3 hours ony a priest in moure information that the minutes of his prish while motiveted with some difficulty at the fine they fed upon our know by with whete Missento them at my optentine. or Hoffman has damanhed that Dynatering new sout an mon when prophe feed hist,

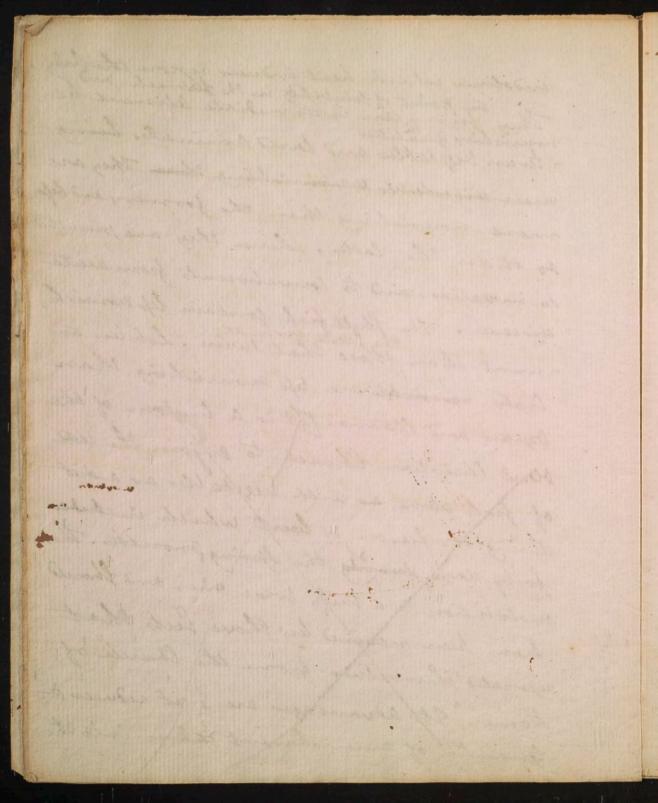
Arrival food includes for adrugueds fish - shell - and scaley ions arinals, insuls by hornes to the fish and fine amanged. The Domestie gradnizeds most commonly now in diet in this Country are the or, Theys, hoster and the Squirel, & the rubbit, the dur, the here and the Squirel to the inhabi: The rower his linds are the fourt, the tousking, tants of the United Mates the tarne pidgeon. It for Just and the tarne pidgeon. the will birds are the will turken the will pidgion the will grove. He will duck - the pheasant, The patridge - The procese. the planer - an the and his and a few enou not worth ementio: oursionally ming. The amphibious animals which show -anstern fourte una courte our tables are the tritle and the fing. The framen is caten in toop. The hind his of the



Those divided fish into those that Frish inslude than fish welude the byster this head of that include the byster. the Lobster, the Crab, the Oyster othe Clara, as well as the fish that twin into the water. They differ in this qualities according as they are taken in fish or last water. The latter are more casy of digestion than the latter. They Differ further auriding as they me taken in sunning, or Hagnating Water. The latter are less digestible than the former. Der point of bolubility in the flomach, and Lorenishing gradities, they posses an in: and to whole nations have lived chiefly upon them. In Counties wear the poles they enously the Scanty por regetable productions of the earth, and the troppical Chimates, more with but hay afford an aliment in tricked to the little labor, and of Course miles to the

Miles Paris Car Sy Mark Mr. Later Carlo Kan Day Ben to address water - They sepanded they then he was held as the are latine in feel of latery them are more easy of regulation for And the same of th Allegan on sexual maintains of the particular the sexual s and have not be a property and the second and grant of heart of the second of the second The state of the s wayer the second days of the second The property of the passage of the same of the same of the same of In point of tohibility in the Stoward, and bel-wourishing qualities - tween begelables and land animals. being more digestable & remishing them They are more nourishing than the former, and less so than the latter, hence they are presuited to invalid, and to compalescents from acute diseases. The flyll fish contain lep nourish.

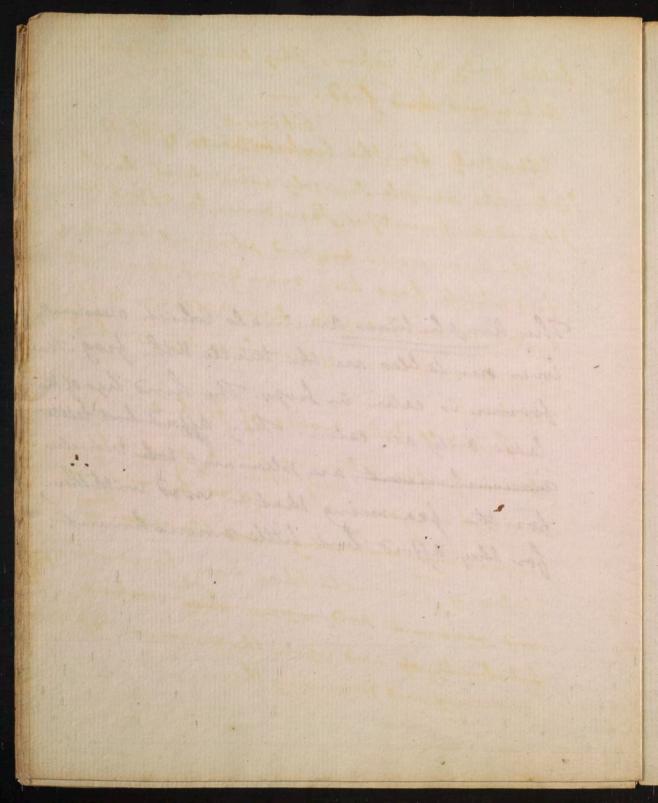
-ment than those that I wim . Lobsters and Crabs resemble are les nourishing than Oysters and Clarus. Et is a Custom of the street Christian Church to enjoin the Use of fish alone as with negetables as a diet during the fearon of board which includes forty days during they spring moultes. This institution is a truly live one, and thous have been retained by those Seets that represented themselves from the Church of Rome. It advantages are i it reduces the quantily of wourishment taken into the



boty, and consequently lipins, the predisposition 18.3 to inflammatory discoses at a few on when the same wast apt to principle. It had to It has this effect not only from the less quantity of noverishment conveyed into the body, but from the Diminution of appetite which the same/sood taken for a long time generally erectes, and 2 It relines as from the shupity of buding upon land animals lafter they a let a time when They are sofogating their Species, and of they are thinget the fit when they are thinget the fit of the super alignment.

to in flower when siriard sit a horand water let the this effect met out for heaven the life teraining of agreeighimment programming and the deller that from the Property when I despite to in historical the same food delices for any long Comment of the state of the sta her from the martials of fulling apprechase Remarkable history harry in 1.15 is him harry they are specifical the formation of the more happened haden seles and frequency

The amphibions are the teste other frog. The former is caten in Loops. The hind has of the letter andy are caten. They afford but little letter andy are caten. They afford but little consists meant, are pleasant lete vehicles corresishment, are pleasant little with them, for the fearoning that is word with them, for they afford but little vormishment.



letter outy are laten. They are compidend as a delicious pind ford. delicious kind food. Eduppily for the instatitunts of the United States, the ample Fupply which it beth pleased a bountiful Parridence to offers them, of the connervus Among phasant articles of fow which have been mentioned does not enon it mupary to have recourse to the insects or horours of over Coursting for Sub: I shall take notice of fish as an = sistence. aliment after dehiving some general que. greepering proserving to the amoins clupes of animals that home burn mentioned, and upon their relative Schulicity of and upon the manner of preparing and preserving them. -

latter only one eater. They are consustant his Retirement him ford. Edwarfiely for the industries of the security Elen the amount times when to appear them of the commence have and planting and for And which have been even him I down more entered to have account to the Franch on proposably and to carry for Late: I shall be proceed of fish as a fin the state of the s the second clapse of somewhat that have signature and marger Ends from Supering on a pour way where the

and its Solubility The Jobs lility of animal food in the Stormach, also its subsequent annishing greatites depard. 19upon the following lineurs terres. I The fex of an animal. The Jewales of all arimals are more tinder, and casier of digestion than the males. Am: : male that have lost their Visility are 2 Asserwals that have lost thier Visitety and choice of digestion that The State of an Aurinal with uspect to visitity.

Docen, heathers, and Capsons are casier of Digestion than the bull, the ram and the Cock. -3 The age of an Aminal. Adult Ani: timulating, Diges first afford more arounishment enals are more easy of digestion than young arinals. But and mutton are in their most perfect total when, V modifferent from there is no difference with as great to its between young and old fish, with respect to its digestible & none nishing qualities. of all amende and and to

car in y disenting the season to be seen and

med that were lost than tracking

I every part of its flish, more to than its hier, kidneys, and intestines. The brain and hongs afford but little amisliment. Birds prediction - as Byta hindans

The transfer

they are about five years ald. Old beef may be distinguished from your that which is young, by its fat being Differ. : 200 alike through every part of its flish, Wheareas in young but the fat the more Confined to particular places. V 4 Upour the clap, and Speries of animal, will arrivals are more very of digestion, Than Domestie -, the trusty and the ford Buf and mutter are digested more easily than pork, and the tuilings foul more easily than the goose, and the Duck. parts which are the objuts of upon the time in orannessing of ahiment. The lass Loin of Buf is more digestible I kan other parts of its flish, w the ligs of bisdy downster wild birdsone willy diffested their wings from being lefo branchined by constant exenise.

then are abound fine years all. Old lange rained gre graphical as beam dear manine years which is younge by its feet being Differ in a whole though every part of its flight, ~ la she are as young buy the port the damen sinore the fine to pertindent places. y of Marine, the class, and former of America his to amoin als are amore they of Higardonia Steven Durance B. - The fairful and their ford Buy and representation and Discover Day early diene powder and the thanking with Constituent the water since in a sure hard the sund to the has a grant of therene . The hap so of the fine man disposable their one parts of the flit, will The 143 of broken made hild his san

6 The time and manner in which animals are prepared for the Haughter house. animals that are fathened gradually, and that partable of exercise are more that the of digestion than animals that worth of digestion than animals possessed are stall fed, and fathened bushenly. The answir welling of the Just buy depends upon its feeding for two years in partie where they selents of food, and room to exercise this limbs before they are killed. Hong are all ariends are most Wholsom When their food is west abundant. The Post is insigned in Summer, compand with what is in the arstormer when there fruits and muts abound usson which it the best wholowing the time in

A Comment of the sea for the season of the s the former of the first the second entite of discontinue that the second Lasons, The left shire the risere deliciones the over the rain ties, provided it there be enough to proved keep up the regetation of the grap. - thing that have his of up on mount.
- thing have the thing things the ali- ment that his upon plains . This Just is im moved by their greater exercise, and by bunkling mountain

6 the time was an entered the state of

A comment and the second and the second

which mopeyate this Spirest are killed. all animals are less they were or less unwhol: Coping at which they - 20 me in the Spring at which they Inopagate this pois. How in the winter , and they are moderated lefs whol: = come liberise in the authorn then than in the winter from the influence of the humaner heats upon their blood and flesh. mutton is lip fitted for 8 upon the place in which they have heen fall fathred. I arrivals that have or marts for muches, are often affected with obstructions & Abscepts in this lives from the same kind of estalations which pro-: Die bilions Viscases in the human Species. Animals fed upon the graps

white property the former To lappoing the Jeanson in withing They are hilled. Ober towards are less wond were on the market frames and had into them Consposed the Marine Homeson win windows and when and amount left lesterly a source between the the hartemann than there we the to when per the Englishmen of the house hat apart their bligged and the day separation in the freeze for 8 legion the place in which they have been for fitting annual the sentinger his mains the presence when often off to wind shows by about in this have from the same kind of wheat attend which peo. as bilions Disage as the house and Species the souls - his your the grafe

enough of large lities, are less fitte for food than there which as derive their flesh of of that from pasture and grain that of of ground that has not been pust felt the ground that has not been presented.

I upon the exercise they was ingo previously to being killed. The quicher John Digestion of bild, than domestie animals is oursioned this being more exercised in men. = ming & flying. Art has imitated nature by introducing the practices of bull bating, Confighting and the Chare in order in pro-= Due a Dinislar tendemys in the flish of domestic animals. a four is always mes undered avore digestible when chased for some time before he is killed. The flish by these exercised tarquires

V lo upon the food upon Which Ani: = mals have been for previously to this killed. The hog uffords a more a hols ance aliment when he fed upon acoms, and grain, than when is futured by the Swill and offals of a kitchen. The flish of the deer in England is fre-- fired to the blash of the wild ther in america from its feeding upon the Thyone which grows in the parks in to high and when

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the black Colon from which wild assinals have Obtained the mame of black musts. From the grilly Digestion of wild flish, and the stability rehum of apprehite and debility after: - wards, the in lettless in aris Countrys complain of an inability to work when fed upon it, and soon call for the flesh of Domestie animals which by its longer duration in the flormack kups up a more thanth and existement in the System. V The Upon the grantity of fat they com - tain the least parts & fat animals is more organishing that the learn parts of wish as one lean? 18 Upon the manner in which they are killed. The more modernly life is

hen

V This remark extends to fish as well as to land animals, and hence fishermen buch buch the heads of fish as boon as They come out of the water, and thus prevent the injuries which this flish Instains by this ftaystes convulsive notions when they are thrown upon the ground. The same that the same of the

Charles and the same of the same

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Amende was Comp Demonth and the god

the decimal the property of the standard and the

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And was the second to the seco

Service of Autorities

extinguished in them the less disposed they To this, there is one exception. De Translin formed the has taught us by a mumber of experiments that animals hilled by Strokes of Electricity are casies of digestion than animals killed in any Other way. The less blood is Drawn from Americals their block in taking away their lives, the sooner they paper out of the Stormach. To provent a mistale in judging of this fact, it will which be newporn to and that fat animals when hume sold for lip blood than been such as are learn, and of Course pour forth less from this blood velpels when they are killed. 12 Upon this the grantity of fat they Crutain. The lean parts of fat animals,

the lean, but it is more wounding than
the lean, but it is more slowly digested thou
this reason port is preferred by labourers to
buy and montton. It apports most famulus
buy and most confinement in the Stormati,
by its longer Confinement in the Stormati,
and most vourishment from its larger
and most vourishment from its larger

In Fish likewise from the rapid tenden.

- by to puttefaction thouto be cater as soon as populle after they are taken out of the trater.

animals that are blid plintifully whenthy are killed, on less disposed to putapation, are the than those that are not. This is the than those that are not and animals. Case with fish as well as land animals. Case with fish as well as land animals. The former are the tate and who bots The former are simple and published when killed this blid to death. Weather when killed this blid to death.

the same was leaved of feet

of much as are distitute of fat, the fat of of the time in which they are ling billed. 13 Upon their lines before after being billed. whomps to Hanter times the longer meat is kyst before it is exten, the more readily it digests. To this a are a fun exceptions. The pig, The good & the Duch Should always be caten on the Day within fourtwelve to the flate four & twenty hours Counding to the flate of the weather) after this are killed. The flush of that have been for several Dans without food before they are killed, keeps much longer without being tain. are killed with full bellis. Furthing beggs ponetry kups longest to hen their entrails are extracted from them. The flash by this means, is preserved from a disagree: = abletist

V4 By the complete exclusion of the air. a fen laptain informed melhet her bried a les of multon in the middle of a barrel of flower in Philadel. : phia, and took it out in a sound State after a layage of them weeks to the Island of Barbadoes. 5 By waspingoit any covering it com. - pletely with the powder of Chanval. 6 the late Dr Chrock while he wided in By sprinking it with fall meat miserved Invision instrudent the following method of in this way is said to be comed. The late De Chonet while he assided in Jamaica applied the falt in the following manner. The It arrived by apening the carted are tery his love as the arimal was dead, he pointed a thong tohition of falt awater for me two or three days into the blood: : vefrels through the Opening mode in the Carotio actory.

23 which it duis from the contents of the bowels. We may always know when

and of the most fit for the Spit, by the relaxation of the Spiriter of the arms, in which case there is an apesture of that extremity of the intestines. There There wered wars of preserving meat in its fresh State in waren weather. These are I by placing in an ice house, or ennounding it with ice in a web redt, or Cool Celler. -

2 By tuspending it in a clups & cool well. 3 By kuping in a Cool and Dry Celler

which is white lated by a Christing.

By infusing it about a foot below the Surface of cold bouter spring water. It will be most safe in the cold water

THE PROPERTY OF THE PARTY OF TH The state of the s & V upon its being busins one or two best in the carth. -Maria Ser of what we have 9 Will be the same of the same o The same of the sa

of a to with house. In will bego a wat was Viscound les the late Dr-Edwards, It will retain all its sound and wholsome qualities for right, on ten days in this fituation in the mouths of Inly & mynst. It contracts a pale Color in the water, but when a knife is thust into it, & blood full own it as if it has been re: = cently killed. It thould who anys be day cooked as few to som as profii ble after it is taken out of the Water. V I It is said flish protespies bornes when exproved to the light, even of the moon Than in a dash place. I would eather expose the influence of mountight upon the animals before they were

of a to milet lines. Summittedings a bound our processing amont was Rivery by the late De Edwards . 24 will a theiring all it's some and whole our developing obside on the days in this plants The the months of Sub se mywell . The enfract a publi lader in the leastern . event whom is handle is whose south it, At blind fall own it so if it bedrien are recordly hilled. It though the ways he may cooked as found on love as profes when after it is taken out of the Water. V of the in said flight pradupies door in find emoored to the light lyon of the amoun their in a dock place. I would a the Englace the implement of animals face upon the avainab lifer they were

pulled disposed their plash to a enou specty by any effect upon it afternands. what makes this probable is that Crabole another are larger & falter during the fullists - Perhaps the fact has been apuned without sufficient examination, from the ishibi: ting Aminalules toomer in During moon light than at other times, and that in Con-= signeme of those arimals being allows by the light, to Dysorit this eggs upon it. Thurder and lightning cutainly hasten are no their flish, and as their immen, of obvicting its effects, it will be mupary to use it as some as proprible after it has have thus influence. ment when but little trinted, may be restored by infessing it in Line water, or the powder of The line water is must certain in producing this effectupyon, water is must certain in producing this effectupyon.

Its this meniously poursing can Hishthat

V Its this menious the funch Cooks

In it for the pot, and

the Spit.

a note from on Digestion

1

13 upon its being sounded or beaten before it is cooped. hi John Pringle found that Hesh when besten in water, putsefied in half the trine that went does that is left to itself in a quitt state the the supristing with which this puls which freat digests in the Stormet is in proportion to the rapidity with which it putapies out of the body \$ 14 Upon & its being thoroughly Dood. The Opinion of half done, or half cooked menthing miest of digestion, than the has been repeted by a rumber of experiments made by Ir Stevens of St Croix and published by him in his inaugural dispertation. 15 upon its being thoroughly masticated This has likewise been proved by experiment by D'Hovens. Where this cannot be done from Dean teth, or from the Want of teeth, the meat though be previously mined or cut into small prices. The Connection of sound

and the desired in him of the state of the s minima of half down in half cooked amending + trung with his in the formacherd Vans which after all I believe merer ests able to extract all its hourishing : qualities from it. word will husstone Juid to one their Strength to cating 2 and plant they the busine they flesh busine they are Strong . The same reasonings aposty here that were applied to the cooking of suggetables.

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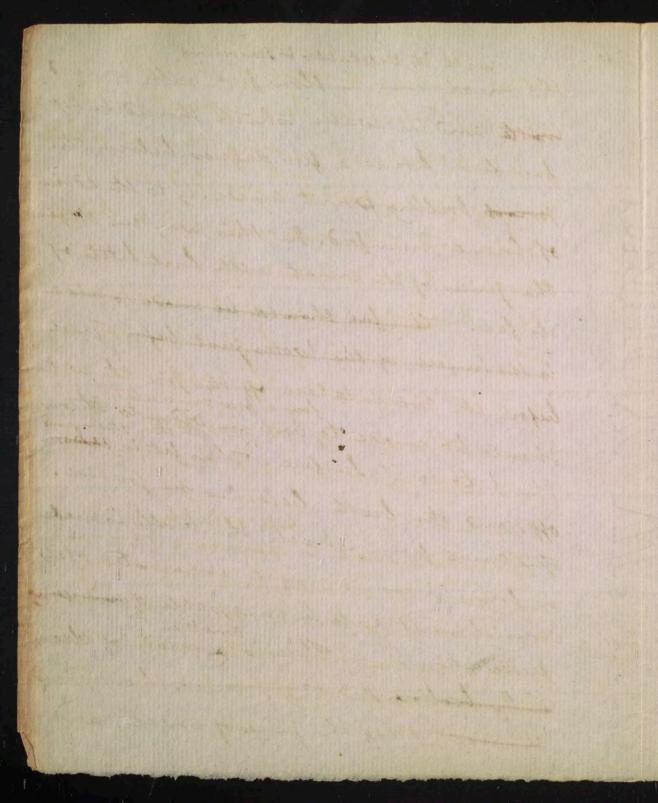
tuth with health, and the means of preserving them thall form be taken notice of herefter. The Salutarity of arrival food and the greater or less fairlity with which animal ford digested and into commishment, is much influ-- corced by the manner in which it is Con flesh affords amore throughout to the body than whom it is prepared to the body than whom it is prepared to In the action of fire of the ability of this from the thought of romand follow from theme - litis 1. But it is not so obvious that it is to the humanspies has that it as ment that has affords a much hourishment as ment to man been cooked. Pour the Strongth it are impacts, is the effect of its slow digestion in the stomach, I shall in another place distinguish between the instant direct through imparted to the body by Stimulating aliment, and the indirect Strength which it receives from Aliment after it is converted into blood & nourishment.

+ The Barly broth is made anording to Six John hinclair by boiling a leacup bull of Barley for half an hour in a gallon of water - them and - three sounds of Buf, on a ruch of mutton, with lands or burniss and onions ent into small peies, and a pound of grun peas when Hoy are in hason, and let them boil gently for two hours with a little Salt worth by an old webslecky is made by briling and buf, but to be to be to be the service of buf, agreement in butter of severe beautiful to severe prices for home time in butter trai in the usual grantily of water, and for the usual time, & afterwards the result Surp grape is made by hailing fire Sounds of but in gently for four hours in a gallon of water to half a gallon with Drieus, Cabbaga, Carrots, and as much Salt as will render it agreeable.

Hush is prepared for food, I by being brild in water with certain additions of angetables & condiments, &o many many thus made into Soops or Broths. The Sinest nations in the world have preferred the flish gruppered for food in this way. The Spart and hade their black buth, the Scotch have their barleys broth, and Cochelschey, and the french their bruss grape & Long consigner these exultent lignors thould always compose the first dish of every temperale family. They west only afford book a great deal of armishment, but they serve troves by allaging the first damping the appetite to Invent excep in partaking of Subsequent dishes. They are most schutary and agreeable when made by placing

I be been both in with with centering Att River of Engolation Commission of the make into done or the short the se Company and Champ with in which the flesh mapping for feed in this love: The foresone lade this felach + grany only their thing grape that movement sugar aprillant ligues though about they are the first till og any turperale Johnson . They were only offers land a your deal of and colden and the they send town to displayed to the Mayon the first Delining the merculation for horself of februaries District they are amont substance from aqueen les torques enough the places en

the meat over a blow fire well covered, with and in water which thous be kept for four hours a few degrees below the pour boiling point agreeably to the advice of Count Rumford. In this way we obtain the juices of the meat with but little of its fat. The fat themetal be made to sise to the harface of the bester just but Just before the pot is taken of the fire the water for a few sminutes, throw the made to boil in order to throw the skingend the fatts to its Surface. This fat is the to off, and the broth becomes fit for lese. The meat from which the broth is made is lametimes so much exhauster of its putsefaction. There is a mode of Oblaine 2 By boling Rousing. ment their prepared is and = ing the juices of eneut, and



from or more that is cutting a mais of meat from which the fat has been separated, into small peries and putting them in a bottle or jug well coshed the a ray tied over the Cosh, and then putting it into a bot of water which is gradually heated, and Then boiled for four or five hours. Treon a pound of but or multon half a print of higner is thus obtained. When bensowed properly it wases a pleasant and very anahitious Article of hignis 2 Roas to meat is the while in the 2 Roas to meat is the wind by from its particles being winfined by the Crust being formed over it by means of the fire. The fibres of the must are softned by the action of the fire upon the get its juices.

that is intime to make or mark for has any copies you believe Cooker and then putting it into se lost of hade which is gradually heard, and Then books for more or fine house, Towns a pour a of hey on somewhat a front of Spiro to their Milaries When enound property it weeky a plant and reary sundationis a diche of lague is hade Today Marie 2 Ring the concent is summing blowning The particle him low firms ly The and him former our it by me is of the fire the februar of the Great are perfect in the subsers of the fit was fire

3 Broiled ment is the same in 27 its qualities as zoas to meat, the more interese the heat over which the meat is placed whether on a gridison for live Coals, the What are called flates are prepared in this way. The By confirming the furface of the meat by means of a grick or interse heat, the juies of are confined, and the meat burnes me amishing. The Griners in Commall Impare their Stakes by placing them upon the smooth hirfur of large blocks often in the instant of this paping from a told fluid to a folid flate. They lower part of the street that the sent that the last that the street that the last that all its juices are retained, and the ment thereby sendend more today of digetion and wrishing qualities of the meat

V 4 By being half briled, then cut into Stales and broiled. Inntton is much in prod in todays rendered enou tender & savoury when cooked in this way. 5 By briling. when fish was a considera. - ble postion of the mitritions matter of ment is last by this more of preparing it for ahment. It is in this flate smitted to convales write from fiver, & to persons of feverish habits. Inutton is most wholsome when cooked in [working to common opinion] this way, and so are guse and chuko. The water dispipates the oily from them, and thus unders them a milder, and more digestible aliment for weakfts: much. Fish by thirwing off a portion of oil in briling burnes more easy of digestion than when when when when when

thereby eneresco. A Trying. The butter, oil, land, or bear great in which ment is usually Juged is Often so much altered in its Qualities by the fire as to sendered the meat mepared in this manner life agreeable and easy of digestion than med pressured in any of the ways that have been enerstioned. Thish is generally cooked in this way in The meat prepared & By eneans of Vapor. The meat prepared in this way is placed upon a trand in a pot which is closely covered. This pot is pland over a fire with a small quen: -tity of water in it. The best of the fire converts this water into Dapon while by its intense beat, many the ment into a plurant med mountshing (and) lary of digestion.

in any other way. her broay ahrays know, when fish has bribd inverte when it floats resson the Surface apout the water. It sinks a lumb time when it is brilled too much. I shall mention here after the Corndinants that was matter Ital are mixed with it in order to under it palatable after it has undersome the action of fire. + A ST STORY OF THE PARTY OF Consider the second of the sec

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& By baking. meat thus messared retains its j'inies, but its surprie is often so hard: - mit by the fire as to be unplus ant to the priviles of taste. When baked with other disher to food it is apt to contract thele a taste from each of them. I By being energe into what are called Stews in Etashes with bread, and certain regular - bles. Great is agreeable Oppositions when Imparis in this way. mutton half evants and then made into a lash, Ir Franklin used to pay was the most agreable more of preparing that kind of flesh for the 18 By being baked, or briled in a pastemade of flowing in which flate they are called ment and pot pies. The meat thus prepared is foffned by the fire, and retains with its jui; = ces a great deal of worrishment. The

Sandan A Tell - A Comment The second little and - Andrews A second and a second as the s The state of the s The state of the same of the Vand Howness of digestion.

paste is rendered more digestible by the mixture of an equal greentity of potatoes with the flower . -11 By being draged in Exposed for several months to the action of Smoke. The Salt contained in the probe resists the tendency of blesh to pretejaction, while its Dependant lituation discharges its junes which like: : wise helps to mount its pretripying. I Buf and certain are missared in this way timulate the bloggath, little for ahiment. They contain hit the remissions, but they are It but they are hard of digestion, and Contactor buch little erverishment into the body. They are preferred by labourers from their Difficulty V 12 By being exposed to the action of the hun. Stock fish is prepared for food in this manner. 13 By being infessed in bring Vineger. wi that instantiones and oysters are me sould for the table in this way.

demont the Exercise Porce Cost the grant of the control of the of the to touch the terms which is beginned and have present the wine help to present it productions . The they and and and are property they are to have enqueries first place someth the contract Law of Mysperial server and Sugarage Le philips to tale man for a this Deffection to 12 The distribution of the last of the fact of the fac regioned in language Phinauca

They lose a portion of this untilious matter in the Vineger, and they see pap off stowly from the florach.

Assist It is Often muipary to pruserve ansimal food for months in order to be and seasons in which it cannot used in lituations in which it cannot be prowned in a fush State, so The anians of during this are I By Common falt. This is the most universal preservative of mest flesh of all kinds. To be effectual, it should good pena. - trate the small be applied in theh gran.

this as to preventate the juices, of the Salt. if a small quantity buty be applied, if acts only upon the Surface of the meat,

and by harding it, confines the its juins,

and thus dis accelerates, instead of retur-

= ding the

Jaltid meat and fish is life none

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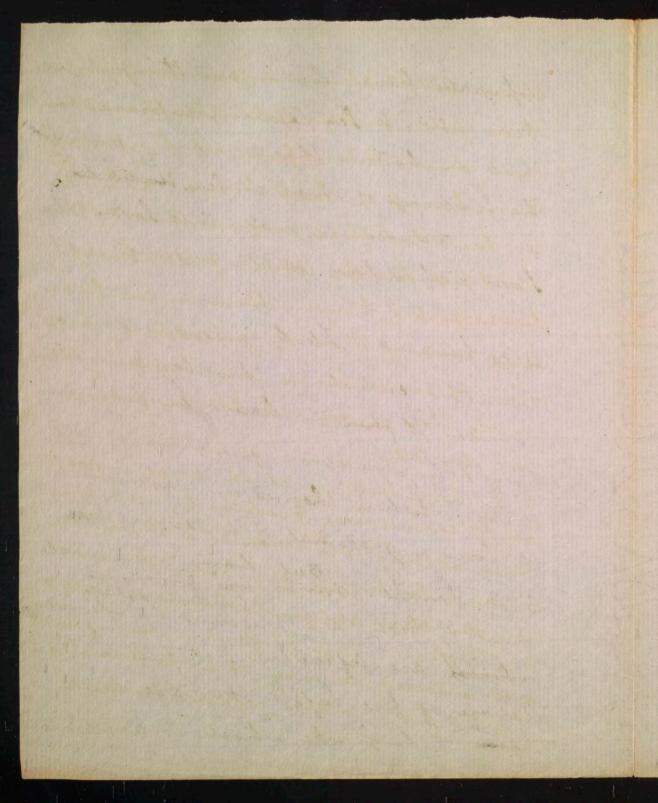
John Pringle. They are too expensive

box Continour use.

Integration of the addition of withe to the last improves its antisceptis qualities, and gives are more agreeable flavor & Color to the meat. The former these falls willed are applied, after the theath of the Animal the better. Capturin Fromest in his bryuges to perent of the Islands in the advises cutting out the bones of meat, more especially of north before it is catter, for pute faction he Observed always began first the the bone when it was salted in the Common way, in consequence of the its not being penetrated by the Salt and ouring out a Jush malter which putefied, and con. - laminated the Carelignores flesh. V 3 By the heat of the Sun. The Indians art their benison & Buffaloe meats worth into healt puis and hang it up upon thicks paped through them in the this . The moisture is by this means

A This way of the state of the Side face will and the second And a wind the hope of the same of the and the second second in a second second second second design and the second second was a second of the second of and their devotions of the factor amander agest and find payed their Dar Harris

dispipated from them, and thus putulation Inevented. he Sea Capstain informed me Heat he had in this manner present. He ate it as he wanted it made into Soop. The Sweh fish I have laid is preserved in this 34 By fursing. Thush is preserved in cold Countries entirely in this way buring the winter. It them is thousand by being in: - fused in Incufrive quantities of cold water. When than ed in warm water, taste. it loses a good deal of its savorery pass. 5 By furthe. Havas we presented ster being satter ways which are afterwards subjected to the action of fire before they are eaten. Item The Smoke which is applied to



Hams is not always sufficient to presence Then from prohifaction. They have there. - fore, when taken from the smoke house, hun huried in food brave, ashes, to Dry fand for that purpose, but often evi thout Someton effect. greater Smeets has attended burying them in cut Straw, and or tying them up separately in bago made of coarse linen, and hanging them with this small ends downwards in a Cool dry Celler. 6 By being billed until the forest imparts all its armishing qualities to water, and then reducing this water to a thich Con: = eistence by briling it a surnd time. The matter thus obtained, has been called patent Joop. It is dipolved in briling water liquid Soup, when required for lese.

V most agreable article of aliment, Ages of the fire the only articles of first in year by the Chitmen of Imach has held out to the Children of Israel to remaile them to the privations of a Camplife for forty years in a wilses. = nep, and to allure them to the promisa land of damma of his was said to flore with those Delicious Aliameters

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ligger of least which required for seal.

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vegetable & Aminal There are buides the Aliments that have here encurerated. several offer forbstones related to hoth which a farge portion of the whole Constitute a bage portion of the food of man. These are with eggs, to Soffee wood Chorestate, upon which I that wake a few nemurho upon cush of them. but with there of them. little Itimuhes, teborands in armichming matter, and is of casy digestion. It is a This composed of Effect parts, into which it separates I pontfarenes by John left to itself thise are butter - Cheese & why. The batter is of a Vegetable nature, The Cherce pretaches of the qualities of 1 animal food - the why is wolking but hates with a portion of Jackssine malter

V or baked with both into prodrings. of the forms a pleasant disert when made into what is called firmlet by means of a pine of Runnet, or by adding a dittle wine the lattle yours ful of a great of wine into which a whole munch has been injused, to half a gallow of milk. There is appleasant to bet the for Dister und by the general in Pennsylvania called for Imear.

- case . It is made by the mind with before the fire thatif it forms a Conjulian. The whey is strained from the the remaining and an equal prantity from the as the comming and an equal prantity of arising is as the object of a little proper and salt. It is the upon bried instead butter. It is the to formaches Dis proved butter. It is the least of fers we to formaches Dis proved to aisity when taken without being fkinned. The butter tream blunts the arid whether the mexister in the Stomach ion is be formed by the decomposition of the will.

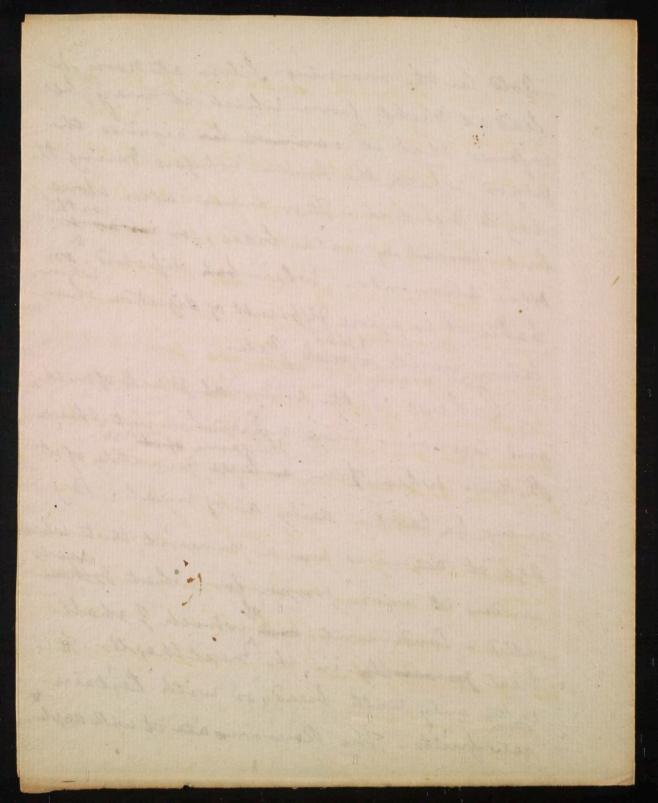
It is obtained from many dipolow in it. The Butter is nourishing ahimals, but that which in use in our country in the second duper. Time the ger antity of in Obtained only from the Cow. This it the Should be cater in moderate quantities in Totalh town baked, or mixed with built, or mixed with built, or mixed with flower or me, y botaties, or much or mile with flower or me, y botaties, and when the flower or me, It is formationes preferred in after it has become sown frontaneous decomposition in which flate it is and, and is called Bonne Clabber oft warm weather it is most agreable as well as most Johntary When taken in this way as it sines to obviate the tending of the hystem to that late which predisposes to fevers. ma Laton in his Survey of the hashish empire alianent speakoin high terms of an anidputs prepared from with revocad phasantly arid by means of a farment, which the

deleveled Samiter the German estile and a second The state of the s . Turks call yourt or leban.

Butter with is composed of those parts Viz Bulter - Chuse and Gos. They uponets into these parts yout amously, or they are represented by into them by means of art. The butter properties all the common properties of a regulable dil. It is formed from the Gram which rises to the Surface of with after it has stood for some time, by Chrisning. The more Completely the Cherry and watery parts of the brill, are meful out of the butter, the left disposed it is to become runcid. By up rated wash ing the in water, this rancidity may be servoved, for the parts which putily, are Johnble in Water. It is mourishing, but cannot be taken in large grantily without Offending the Stormark. It is a mid to be

+ "Sunt mili poma, prépique copier lactio." Vigil

goto in the morning, Liber at home, & lead at right from which it may be inferred that it cares be requires the erigor which the hystern propers ming the day, to digest it. It is were cuten above with but former with bread, or in the Ather aliments. When both dipohed when bahis, it is more difficult of digestion than taken in its bounded state. Chese is the animal part of mith, Butter. When from the grantity of it may be taken daily as of meat. By age it arguines as a pungent thate which under it more proper for what Istall called a Condiment, was which I shall trent persontly in the next thapter . It is raw fruits. The Romano ate it with apples.



The Whey of with contains a small portion of Sacharine malter dipobed in hater. It is a phasant aliment for in: : valids and Convalescents from aut Discons, taken by itself or cater with bread. to much of the lot healthy and super gratities of milh, and its products

Olipend upon the begins to food, and the treatment of the Cow. He the former thould be eventent, and vomishing the Should be stain have come to exercise her. - self in walking, and where this is not fracticable, the thould be unblied driven every morning and evening. The milh is not only excussed by these meens in it quantily, but much longomed in its qualities.

in which the air is contained of they are Deter saw, or heaten up by in water, Wine, Spirit, and hypon tea, in all which mistures they afford a good that of laminhment. They form an excellent hobstitute for creasion when heaten up with any of the China teas. They afford anost mourishment When to taken in this way, but they are less digestible. Them when they have post hem partaken of the action of fire by briling, or possing,

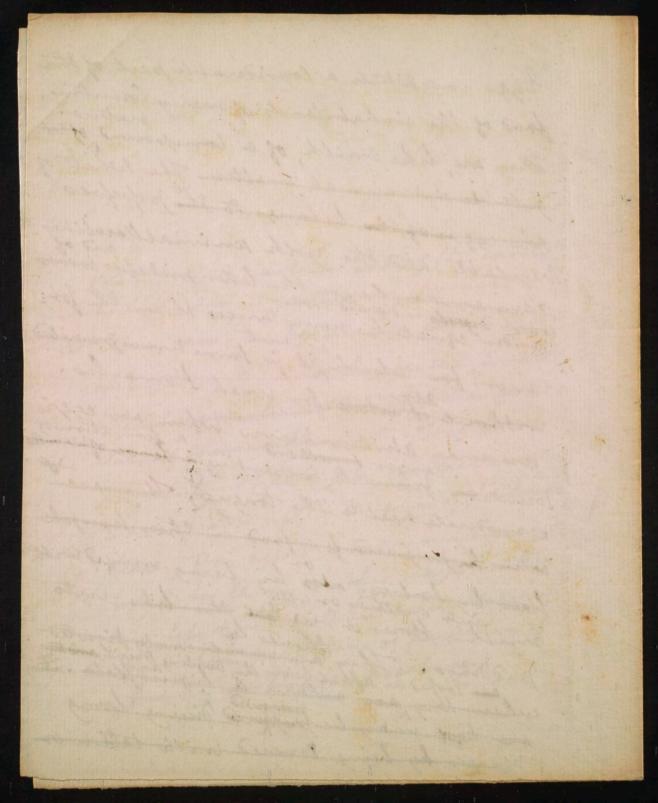
Eggs constitute a Considerable part of the food of the inhabitants of many Countries. My are, like with, of a compound, ofter. - getable of primal maltine The White of the 193 in of the belown to the properses Megetable: and the yolk siminally relities.

May souches him the latter protes former

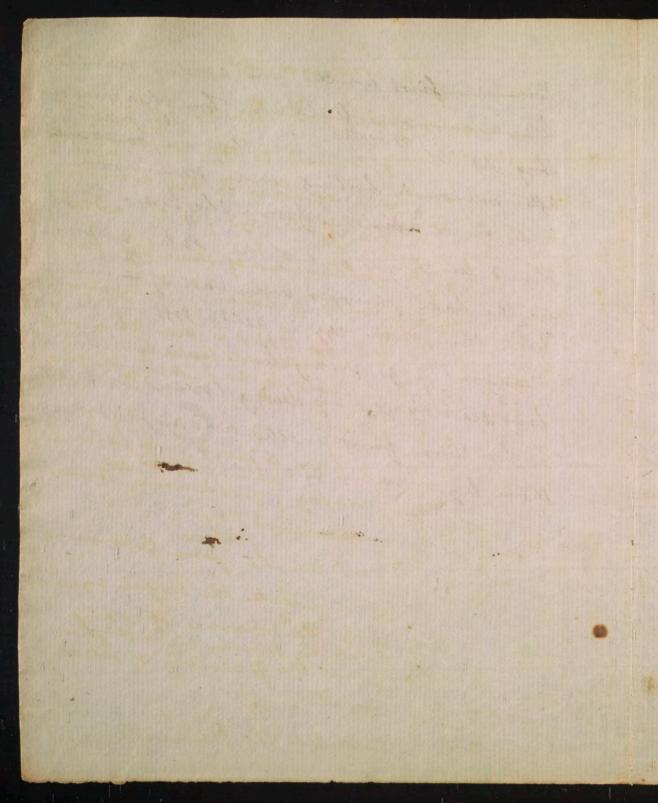
wasse digested somer than the for:

wasse great his numo terness than the for:

without its works for week Hornaulis. leve may ahrays know when an coffis a fersation of a fersation of land from its imparting a fersation of a moderate heat to the tongue, they say cotton be prepared for food in this kimple State by briling atos by being mixed with mith flows or vice the like into very ages by being covered with tallow or



Bees wax first metter, and applied was them by men of to feather. For this propose to be plans thing the before in which thou are mortioned after previously briling, may then upon a table or at advotance from the fire. They Thousa be taken out of the water as toon them which as the heat periodes wery part of it in which thate, the whole egg is alike loft and easy of digestion. Engs many be preserved during long teal oyages by being covered with tallow or hus wax first melter, and applied over them by means of a feather.



of Consiments. The same bountiful Creatur who added the Johnsons of music to the commonless of the car, and of Colors to the common Unsupary Uses of the cyc, hath adods enceased the pleasure of taste by fur. = wished us with certain hobstances to be saised with, or abbed to our aliments, which are intended to encreasing the plan: They have been divided into faline, water allians of allians and amounts -mus of taste. fortio and Dramotion and deigh. They act in the form following ways. They strinulate the tongue agreetly, 2 They encease the grantity of fativa de the apost digestion 3 they stimulate the stornach, and

Vy It is popible some of them may by combining with aliment cause this to evolve a greater greantity of nowish. - ring that is cometty extracted from it by the Common powers of diges: all tions of a continue of the continue of the

3 They shirt the the Mountain and

division into faline

We regar for incorrectly when we suppose that I this depends you the greater Dipoling power of the friend of the animal I wies ofthe thousand is enables them to Intract the whole of the abinity of from the whole of the day not afford I the Bucking Smile in the human Hornach

Perhaps I've mis take the effect for grance in Carrie annimals. They be they acting be their thought enab themoto his a not the flech thenth.

thus everense the Secretion of gastrie gives parilytate digestion activity of the Homach, and evable it more easily to throw the aliment when this this the pyloms bowels. and fringth 4 This module flowed existement through the whole hysteria, from its hympathy with the lines of taste the formuch; they perpetuate the influence of aliment in the Stomach in imparting vigorto The Whole System. They likewise provent in this way the frequent newscene of hunger at times & in fituations in which it is not convenient or practi-- cable to gratify it.

6 love of them or convey nowishment into
the body. V

V the read of its being its being your rished upon those parts of the Sanifices which were caten by the fruits under the britiscal law in order to sevoir them palutable & wholowere. It is so espential in diet in some Countries, that it, is common to denote the whole of a mais Interistence by the wood Salt alone, as we do by the word bread alone. Thus in forme barts of India to man who is supported by the lensings of a friend is said to once his Salt to him! The same expression is visitin Wolland in Heaking of a speaking of a dypen. - dant who is fed by the hand of Charity. Even among the Romans it was considered to im: = portant a part of diet, that when a man received an Office from the government he was supposed to recive the means of purcha-- sing his falt - hence the vigin of the word Salen, from the town Sal, on which signifies Palt. These facts are men tioned to show that the use of latt is wearly as universal as bread, and almost so necessary for the Subsistence of man.

The taline Condiments are chiefly com. - mon falt and arido. The lise of tommon fall with ani: = mal and food, and with certain begette. = bles is anient and Universal. In afond grantily It burnotes the significant the thomach, digestion of meat. Heat has being mound the latter this for this reason that it is meterned by failers, Soldiers Glabourers. By its Durable Stirmulus in the Stormach, it imparts thought to the whole hystem. Twhen used in excep, on without vegla: = bles it brings on me several discesses particularly the Sensoy. It is used not only in its simple flate, but combined

V and with cost in the flash sup the blesh in the form of ham - and what is called neats to that is tongue.

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to impossible through the whole disting

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maisel, thatoyster all with the Which flate it evenus and are appetite, for and as well as helps the 36 digestion. It should be taken in largen quantities with fish, than with the Hesh of land Animals, upon the aument of the its more rapid tendency to prohifar. - tion in the formach. Offhe aris winder a londiment are Curregar, him and lervon Irvice - Transma. - tea and Intertaines in the United flates, with all those begetables impregnated with, and preserved by it which are known by the name of pickles. Hanch has been and against them doboo und he win in forest destinas tradios upon the meens of preserving health. When hibstituted for ahment, they are certainly hurtful,

of time the property of the property of a Condiment than any mation in more) V did Condinents are vieterlin lepning the viscodity of fish, and of young animals. They whereise obviate blackelenry, and hence their White on salads of all kinds.

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and particularly in bringing on discuses of the Stomach, but when und yparingly, and so to as barely to improve be tasted in our food, they are, worked in ynot useful Entainly in offensive. Besides vinegar, Jamaning tau-= matas are sometimes unployed as and Low Condiments. In germany of Tosance they was the juice of the grape before it is ripe, a little fermented, is used in-- etial of the juice of those was troppical fruits. It is not and only and, but gently astringent, and very grateful to the laste. V The girmans use vinegast Ingar- honey - invlapes and barrious kinds are pleasant ever lived in the and add to the amerishing gradities of aliments as well as improve this taste. When

and park wheeler in manying our someone the Stormandy hat bashen word presimply we the me hall to visup con the track any fred the see we that in your weeks contention in opposition - theorem Every exam The fine of someone, throughout the tax. consider me formed him englished to down in a transmission of the formation of the hay now the firm of the properties the wine of little for man his property happy of the form of there have been placed finite of the same south and there de a . Vi fin gan Sugar Maring - Whiteful Wood Charge whether in

tahen in a large quantity, they retard digestion , and finally impair the health of the Hormach. The celebrated on Richard Baxter has lift it upon record that his constitution was crimed when a boy by his mother fuding frim upon fruit meats for aliments overcharged with Lugar. When taken fasting, they have been found to prevent and distroy worms in children. The oils Condinants include Smeet of Olives & abroards - Gream and the fat of Oil, Butter, - Lower and and the fat of evendry arrivals as the hog, the they, the goose and several kinds of fish. They all farilitate the dightion of the aliment. with which they are mixed - they retaid digestion, and heres the Utility of one of them, that is britter with fish, and they his experiments upon the att of those are used in diet Approled ougree, and when taken in large of great they retard digestion, and weaten the Homerth.

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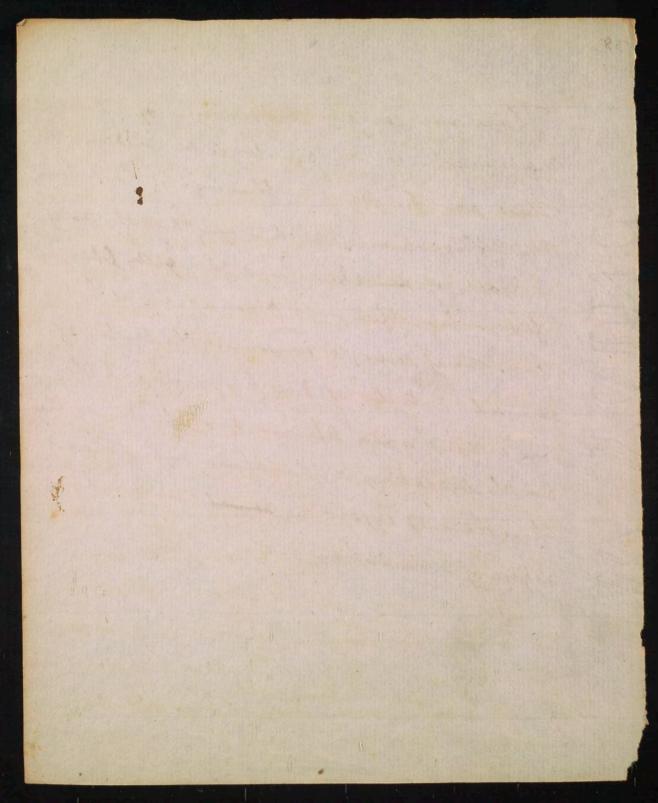
Three times as smuch munishment as
their the lean parts of their flesh. Pork
is more vormishing than but only from
its containing more fat.

The Condinents which are composed of The different preparations of milk are being 2000 - tream, - Enspipated milh, Mut is the free vily and therey parts of milk de-- prived of its when - the and of with anetted hutter - and all the Different kinds of Cheeses V That of the last, the Shapsage and the Inglish Cheese are the most Shimulating. May thousand thousand be taken in but Irrall guartities. They are apt to counte induce Costiveres, and should be taken Havingly by persons who are heliet to shal State of the bowls.

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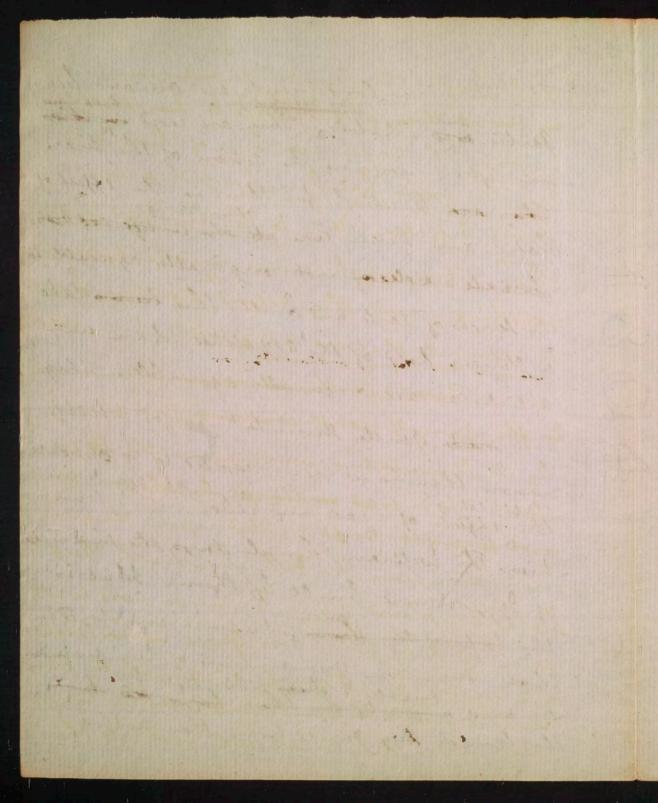
There are contain hubstances of a gelation, nature while are employed as loudisments. These are Chiefly the Shavings of heatshorn the Ibhivcolla - Blanch - and the White of I yolk of me esso, and the gelly Obtained from Calves feet and Other arienal hebsten - ces. They serve to improve the trote of several articles of diet by purifying them, and mixed with absents of all dinds, they are bibricating to the there mouth and therat - and afford a send moderates digner of womishment.



The allianions Condinents are orions, luchs, with a partie are used in this and after undergoing the action of the fire. They are de relish for them is the effect of better things habit, and hence like at the artificial distings - fraisle articles of not originally agreeable to the Lenses of laste and Smell, they bears take a Stonger hold of the appelities than such articles as are originally agreeable. They are gots Gently thinulating, for which reason they have been resorted to, to oppose all ages & in all coun: the effects of heat and labor in all coun: - tris. To William Turple Jays the propanies of Egypt were built less them, that is the tools of the throw who were employed in Thate Strips endores Industrial their toils fry lage.

try were inspected by their being the lage.

the String the they derived from those as tive.



they lived Condinguts. The lens while prisons in Egypt we decid this were enabled to hear the this perform the serve exactions of their lask masters in a Lot him by Juding upon the Damy articles. His to be lamented that they They are lihewise moderately non-- rishing, and they retard, digestion of all the abovents that are taken with them apopton belongs to this copy to the Albinums Conditionents. is The June apapation contains Buts chiefly by its Chimulating power upon the to Jy: - ten. It is tros to thirty by the formations with the with Buff wholed upon the grid: = vion, or upon the rish in which but States are placed. It is bihowise used with some kinds of fish. om grose inhis speaks of a nation of hosia who abstain wholly from animal food, and personented & spitatores liquos, that mie this Condinent with all this

Condition you to the love while proportion in East and the said of the course and the foliage and the foliage transporm the forces bushings of their beaten in the court of the fast of upon the they then are hibraries musically arong secoling and they return digestion of all The absence to that are before with there a left in the your aprepares windows as to chiefly this to Primarlating power reports the the yes It is loved muchbirdly by the for some time with the world Bright willed again the good come on whom the hat in wheel heigh States of places. It is himmen wind from

aliment. This breath depression he says small of it.

It is somewhat umarhable that whole nations have been distinguished by their attach = ment to some one of the Condinants that have been mentioned. The germano prefer bringar, - the Junele Sugar, - the English butter, and the Graniards onians, above all others more wisely many use all. The aromatic and acid Condinients are very numerous. Thus are poistry-lage, they me, meet mojosam- Dill. Amisud & femul hed, tansy- Laffron- cloves - marx, Crimamon tansynulinegs, and and some Others. The germans use a great grantily of the aromatichestes with their abinents. The kitchen of Forderich the 2nd of Preside was we so filled with bottles has writaining them, shat it resembled

They are particularly useful where which what are called the cold fruits. They retard the and properly of a rapid partion fish, and the mush milon to pute faction Ruspie for Comy -

1.00

an apothermy's floor. They improve the flower thate of aliment, everess the Discharge of lation, and help digestion by their She derid budinents are allepine black and Chremepepper - Capsium, an: : bebs - Cardamon fords & Coriander leads - gingen mustard and horseradish. They are used Christing with for that is this hard of liger = - tion both of a regetable & annual na - trone . They binnelate the tongue, faces to Stomach, and through their wears act powerfully in giving tome to the whole all these Conditionents are bountines dystem. latin ringly, but they are sometimes mixed. as in Safonages - James with a amost of theirs arids and Lyar are misted in cutain preserves, Buller and Jugar in certain Jances, and

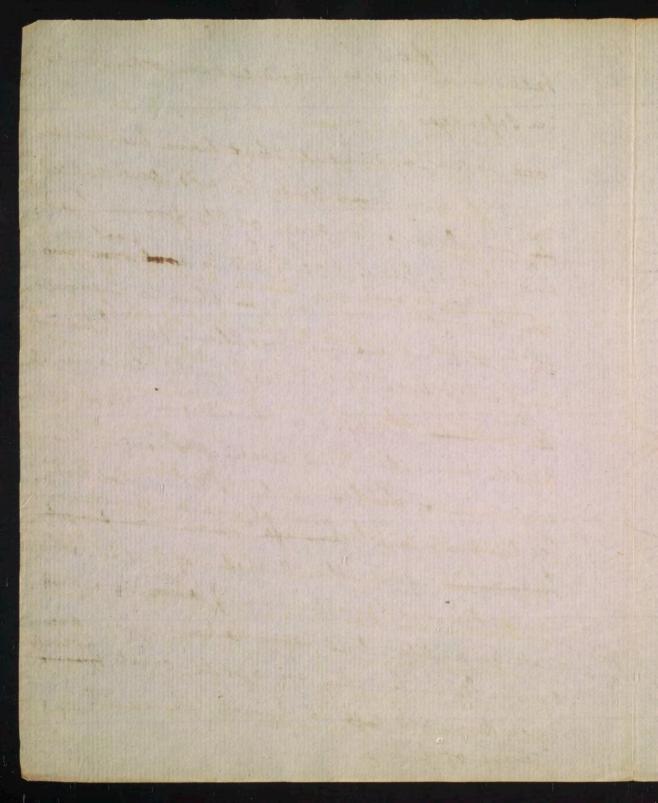
100 1 100 LAKE AND ALL A State the land of the state of the section of the s

latter meat - pepper - and cutain other Spices in Inpunges. Jose To the Condinents that have been musting - and it remains only to all one which Does not belong to any of the former heads, and that is Jee. It is used to cool cer.

That is and to thus to improve

the tain aliments and to thus to improve this laste in warm weather. It is likewise this way it gratiful to the longue, - cooling in the smouth, and swahire through the Ice Creams are market roman son the body. Street after other articles of Diet, in which Case they are inoffensive, if the in a more. engety floward, they are aft to create former, Dysentery, and life to become the existing Course of fivers.

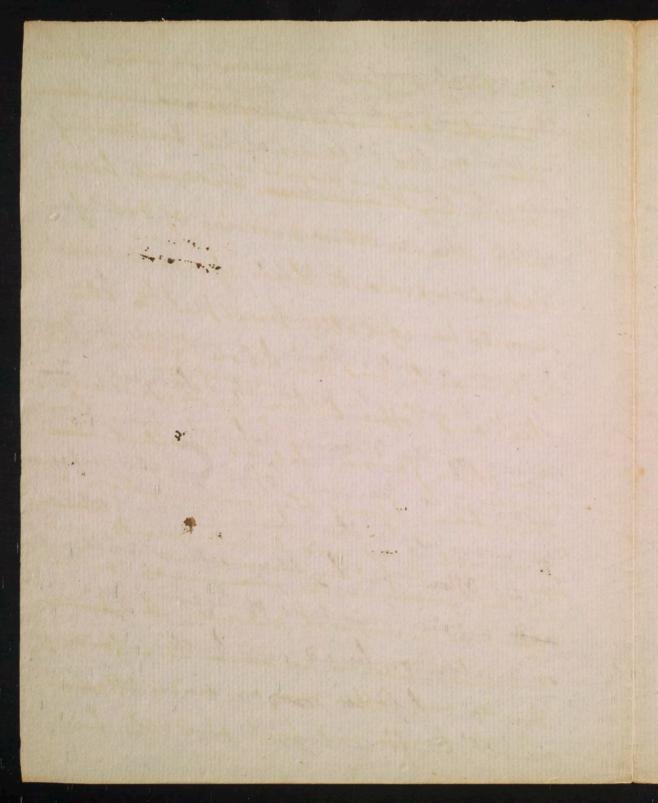
41



There are certain Condineents which are eros to improve the trote & stime. - lating graphtees of the higners we take with our food. These thall be taken notice of Answood There are there articles of which Cumpose a part of the diet of the in Lability of the United Hates, which though not embilled to the proprysio kny womishing Ina litres, yet from the matters that are mixed, and taken with them, are entilled to a place in this history of abrients. They are Lea and Coffee. a Rivolution has taken place in the some - ser and discours of Empor & America time the introduction of these articles into general lise. They bear lipror the Community.

are used to improve the last history thing prochibes of the discourse the houseness there are some as the same Course pages to James of the first of the fire of the land to frequency when the reference minister in the property of the property of March hillier ages from the march and are engale and taken the see here to silled for A place on love latini distributes they are the second as Planetes Toron Law In Same I have Link as you work of higher the present the manuscrate all the same of the same and the same and

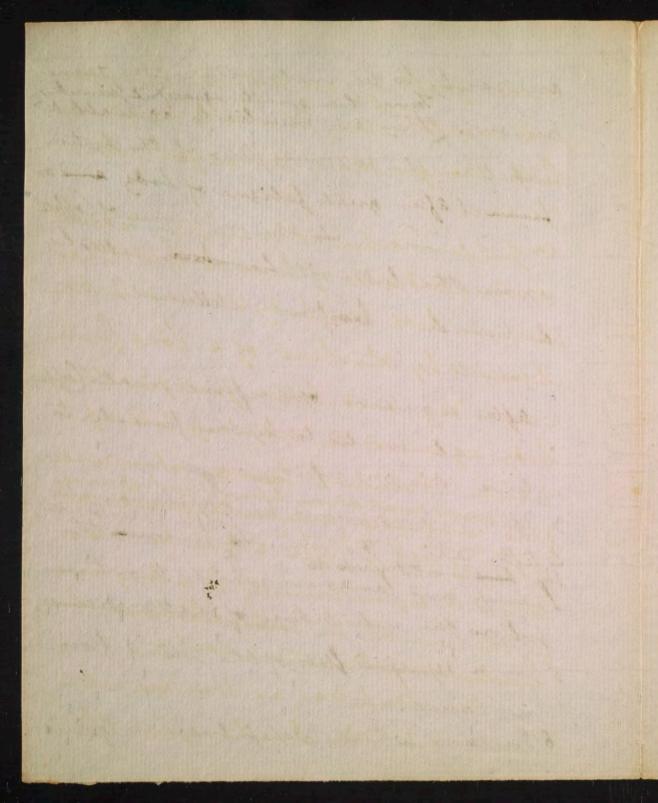
Environt from and ardent Spirito, book 42 instances the discurs of the bloodrepuls into the views. Town the general rese of tea, the Aysterical Discare which was ance confined to high life is now often Jun in the kitchen, and in the buts of poon people. But let us thate the facts fairly that relate to this helyet. The must of the diseases which have been ascribed to ten and Coffee might perhaps be useriled to their being taken too shong, or too Often, or by themselves, without and a dre mistre of Ingar & bream or with, or bread and butter, whenly thong are left to poseg act with mon undelated force upon the herres of



the body. There we many office the - most bit which if then without the Ineat - thuse and butter if in, existing quantities or the rest built, lister built, taken wilkout this woodand enisting would be equally hustful to the Stownsh and the bohole Syptem with in exup or bear and Copper taken by themselves. In their favor, let us resollect that
much have lipsed the Consumption of
they have lipsed and Ardent lipsists, and,
fareinal food and Ardent lipsists, and,
look to the flood of invocently
and a lot a Russial pleasures. If Glatton
and a lot a Russial pleasures. If Glatton and a lot seldern lit down at a fonduels for tea and Coffee and an under Attachment to the knife and fork and the bottle

white the state and fortisting Carlot Same of the Control of the Co Married to the second waste to the second to the Partie Report of the Control of the

person. Thus are purchasty agreeable de 43 respect in the following flates of the System. from I after great fatigue of body and on enind. Town it the influence of Coffee upon the latter, it has her called by the french " brifson intellestrel" on in tellestral Dains. 2 after a full or oppressive meal. Coffee is usual resorted to by the french to relive this opprepion. 3 after intemperance in Parishing with 4 after taking Opium. It removed the The best most Typus to which bunchines Tichnes and languar which bunchines fullow the whibition of that mutisine. 5 In a Typiched flate of the mind from any lause. 6 hr Cases Where Wahefulness is required



eilker for Study, on att endance upon lich people. They though be made a hittle stronger han usual for Etris of Jon Cases where it is mupary to resist moderate degrees of heat or Cold. The revives both the body &mind when depreprid by the heat of a long from. : mer day, and Coffee fortifies the body against the ordinary cold of winter. I know a Constant physician who resident from the David to David to Parish to printing a when he was print of thong Coffee when he was Obliged to expose himself by a long rise in the Country in the weather the minter months cold weather. The black tras, as thry are called, particularly the Southour are the

easilo for flowing in the water in opening and the property when the west of the second days and the second s and to be the land of a story from with things for the first from Like approved the seasons the order the the had been bound and place

44.,

These for tidy Iras bunkfast. The more cordial tras are hest horison calin. = cated to restore the body and mind after the business of the day is over. That loffer is best which has been well dried by age, and moderately wester. The arabians and the hurhs preferit busised, instead of being grown, before They brilit. It is enost condict when lation without bager. The Tucho use it only in this way.

the same same for the same and the last was a fill STATE OF THE PARTY The state of the s 44.2 In busting of the The falubrity, of aliment and during was deponds over the most not pap over the in tilence the nature and Condition of the leepels in which they are presumed, and prepared for Use. They are preserved in a found flate in wooden refrets provided pains are taken to keys them clean, by washing and exposure to the dir. The repels employed in Cooking, or in Inlighting food to the action of fire are enable of earth, and metals. The tommon exitten wase is and hable to be acted upon by sinds own Dilo - glup, and China and expensive formations employed, but they britte and expensive for this purpose. The Common earther ware of our Country when properly made in though be preferred to them. This was the preputation of had which is mixed with it, is not liable to be acted upon by and, non fat Substances. Of the metals, Sibus,

it a portion of the logsper, on by ex: -posing the Copper to the action of the sunders hubs tances which dispolut it, produced the sersons who use it liable to tooks of the Stormach bowds and remes. When the huntful effects of both time and hours them well by muspites and not compress are much lefoned by most thing the permitting abirments to remain fire, and exposed to the air. The in-- Hume of the air in aiding oils & arids to parts of them on being west apputed by the " with the air & the Cappers. Simple water is befels of Iron thould be mefined to all other motals for the purpose of awhing. The parts which are disposed by sinds or abraded by the matters without are put into them, are inoffermine, be dometimes useful to the body. To obviate

Hon are functiones employed a The Silver into costly to it should not be the ensployed used for this purpose, for with the alloy which of Copper which is mixed by dipulving ble in arids and oils, and with it, it is for ble in arids and oils, and is renders it am unsafe implement of lookery. Copper is usually employed with to thin Covering of tim over it for culturary purposes, but the tin soon wears away, and by mixing with the food modernes by discess of the tome Itomach, towel & news. Tim when pure is insoluble in oils arids doils, but as it is oforerally arrived with more on les descons lead, Copper, or assure ill of which are acted upon by both those bulistances it thouse not be employed as a bulinary vefel. It is host hutful, or impage when ind as a trakette. It upper is is unally employed with a thin covering of tim over it for entimeny purposes, but the tim, before admitting it to be pure, town wears away, and by singers carrying with = the taste, or Dark Colon which June bupis to certain Articles, the inside of them is formationes him with Line. which and the state of t

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Children washing the said to the control of the

It runains arou to mention the lignors we take with our who aliment. It which for thom, is an instinct of nature. They serve many valuable pres. - groves in the body. wanter dibeling to a certain and muspany Degru, the phisa and gastrie juice, & stricting and washing and met of the body and and this aring them in dif ohing the food. They histories obtains arring, in the frist papers, and wash it out of the body Through the pupages upon for it is the bedougs or the pores of the thin, and, butty many of them the A trong to arrish. -ing mature, and apist in the Import of health and life.

and the laster amonther philosophings to and mary and Jeaned francis and of the same Constanting to the same of the with the second second second the second of there is a delivering the final which in the grown had some here in mark it and of their leading the origin him proposes as described for the land himself the property the Plane and for processing fight to the secretary of the second of the second of the of beatiful in a lete. ٠

The the liquids we take with our food are water - Bears wine of some firments liquous and ardent Spirits.

water has been divided into pring pumps, and river or flowing water from all its Somes when alike pure, popefus the same qualities. It may be known to be pare from the farility with which it dipoles boats, and boils vegetables - from its having no hould, and no peur has laste, - from the difficulty with which it freses, from its being soon hot and Cold, from the healthy flate of the animals that Drink - and it from the primeter of fish that enring it, and from the verduce, to fulility of the Shores that are washed by it. It is nurpay to its per being perfectly agree. : able that it should contain a 28 part of

Secretary of the second AND THE REAL PROPERTY AND ADDRESS OF THE PARTY OF THE PAR And the same of th

atmospherie air and a Cubic inch of Jackmin gas in a los parts of the water. Boiling it Deprives it of these airs, and run_ - ders it less pleasant to the laste. It is from the last or defining their lair, that from water is the last of these lair, that from water is 20 insipio, though it is opeper otherwise all the properties of pure water. Rain water is most pure in the Exister offing from the air in those fearours bury most offer foreigns who the exposure of exhalations and the exposure of th of insects matters.

What are called hard waters are made so by the following of certain falls, earths so by the following them. This is not the place and metals in them. This is not the place to mention the means of detecting the presume to mention the means of detecting the presume of those matters, but it will not be foreign of those matters, but it will not be foreign to the design of this work to remark that many with hopebeen as will to believe

I have combined this said to later french to g Performe and in a go prante of the sales Butting it I garage it of have fitted for the The self- Standard to the land . I want whe the progression of from Lader. have been and for the leaves of the property form the time on these harmy being from inthe are falled made bearing and property Colain late mist 5 has made us there in Educates and the sta to man dark the present of debility of the fire The second of the party of the second of the wie very so so white language to province to the stand

than are just. Where thing are not offen. 45.3 = eine to the laste over from any of its mistures, nor imprepated with puties malters such as the ourings from privies and certain manufactures in large cities, Hay seldom does any ham. It is certain The gravel and ftone are selow met with in Countries in Which Walters are Dounter that abound with Calcarious carthethan in Countries in which this is not the Case. I made Huppily for in habit Disave the hibstances that have water, to been mentioned be visionally offensive to the System happily for is habit of using it sor after a while, Dypines thank of there its hutful gralities. water taken very cold, in a large Trangletowhen the body is heated by labor.

the me and person inches they was the time the same where the same the Courters marin has the secretary of human countries and let ain our way ashered for layer where the state of the same of the same of the same with the same with the same which is the same with the property of the same of the Description of the same of the Company of the second s the relative house the fact of the party of the Low after in while Japonice at Midwelling the of the state of the state of the said and the state of the same of the same of the same of

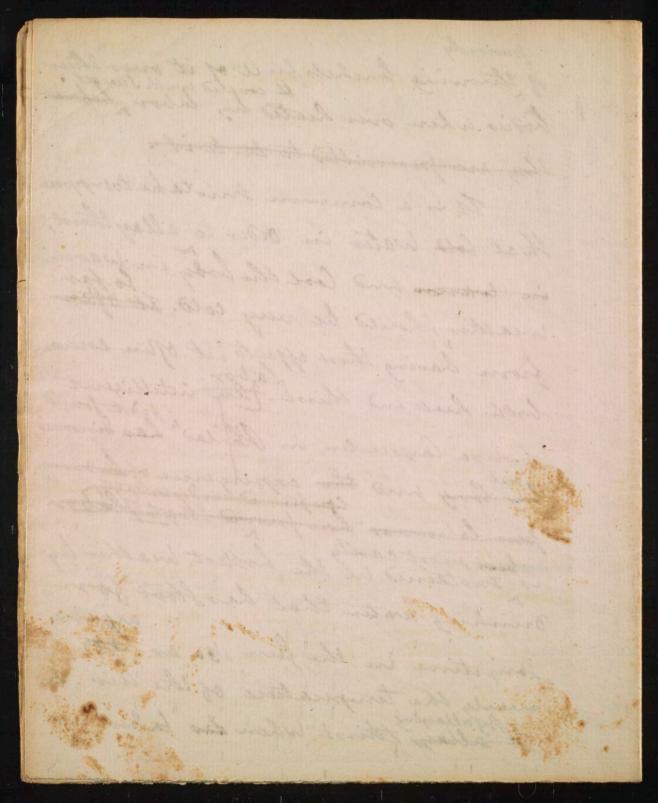
issures produces many Sudden deaths bury year in the Writed flates, and where this is not the Case, it has induces auti and Chronis discuss. To merent these fathet and dishefping consequences from the Insula -ing water in the under the Cir cumotanes water that have been mentioned, let no water be drawhen while the body is prettr-- naturally heated, but if the intensity of thaist forbids the delay that is newpany bor this purpose, let the rufselfmite it be made of so metalhior of an earthy malters) les grasped closels with both Has hands for two or three minutes. a parties of the heat this practice will act in how ways. It will carry off a portion of the best of the body,

regular for the the total the same in the same in the same in Charginia riscasso i in manual they had ender white of lovery makes H. The so forline the delay what is an appeared to propose be the enject formale Support of the same of the sam had for the own on the said was On partison of won hant - this Maria Company of the way of the party of a perhase of the star of the star of

And it will convey it into the water, danger of minking it. It this direction imposed long a restraint upon the thirst, let the hands and face, on but, or all of them be washed with The Cold water before it is tested. a large portion of the heat of the body will thous be carried out of it, and one minipal principal cause of the fe bad effects of the coto water by that means be obviated. It is because horses dult the transfer they down the fitted by the they down the down they down they down they down they down they down they dow anto which they pass before they Frink, that they are never injened by it, and it is from the Prints water is equally inoffers in, to horses from the practice

and it will coming it is to the him there there before morning the in the property ling to long a richard by whome total the last fact of the same fact of the lest, on all of them le intelligenties the sale indee Sofre it is the take the lage protein of the house of the hading well there has country making it and some The state of the s A CLICA CONTRACTOR OF THE PARTY Marie Company of the second and the first of the particle of the same of the same the bracker in commendation

previously of throwing buchets full of it over their tories when over heated by labor toffers They are promitted to taste it. It is a Common mistake tosuppose That Goes water in order to allay thirst, weather should be very cold. It often from having those effects, it often encuers both heat and thirst. They intelligent found house Compenter in Philad has discounted, fort from and the capping the later from the later by is Tustained in the hottest breather by Drinking water that has Stood for Sometime in the fun 130 as less Mallaying thirst when de baken in



of the 45 this way, worth from it laves much washing or A time which is often lost in swing, to a distant Sming or pump for fresh Supplies of Cold Water. It is a common practice with some prople to take a Tranght of Cold water just before they go to bed, or as Jones They get ups in the morning. This practice probably originated in intemperance, be been in organity itation adopted from has Harried by interior adopted from that it conduces as a be belief is being of its landwing to preserve health. The reverse of this bon betting is true. It tends to debetitate the Just finally it has been bound to debilitate the Howard, and to impair the appetite and digestion outs It may be practiced

Whater constituted the only drink of the Roman America while traversing the hottest Countries, and toy this de a cause to be americand hereafter they a cause to be americand hereafter they were preserved from all those discuss which applied or destroy to great as which applied or destroy to great as proportion of the America of modern proportions.

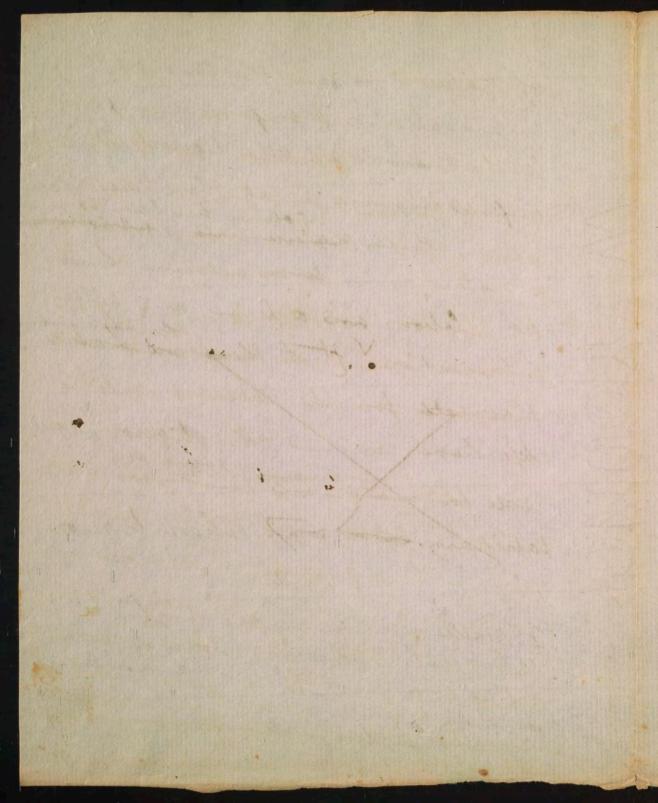
The state of the s

without from inopus without producing These effects for years, but for people for - Ally the Stormach seldom fails autailions are tourstines added letar maders all vingar and lo water such as milh - molaps air in Syrups of different kind, in toder to sender water water water water water water to the selection and fixed of the water. This render it more phasant, and all to those gralities in it which enable it to support animal life. Vineyas & V. Timple as water appears to be, it contains some unishment. This is inferred from life continuing much longer in arremals that have aufs to water the without food, then in those that are deprived of both of them. Los Poets as well as physicians have Cavis hed their proises upon this beveridge

V But loved and universal as the praises of water have been, it is always the worst proper Drink with our meals. Town its promoting the digestion of food more rapidly than any Other liquor, it disprous to the fuguent returns of appetite, and from its propering mo thimples, it prompts to take a greater of the system regularies in apply its Island a house to touter to the taste, othe It is from these effects of water that Joess one who minh it alone with their mails, and have brustimes fullys . For These resours, and from the inspidity of water to the taste, other liquous have been resorted to as more rability and agreable. + This has been proved by many

47. of nature. It was the first during man, and it is grefered in infancy be Childhood to all Other liquors . It is preferred bilmvise in all those flates of the violence has been done hody in which material suffers theighten to extens, as in ferres externe thirty from labor, and a four, and after intoxications, that they are habits that tell for the fabits of willised life have renglied other liquous, aspections - able to 2 many instances more faluthing. to many these liquos + a note Is Beathe mentions in one of this letters

It Beather mentions in one of this letters
that he once dined with Is Johnson at his
that he are dined with Is Johnson at his
Johnson Raymolds, and that he ate more meat
Johnson he could cat in ten eneals. D' Volumon
at than he could cat in ten eneals. D' Volumon
Drank nothing but water.

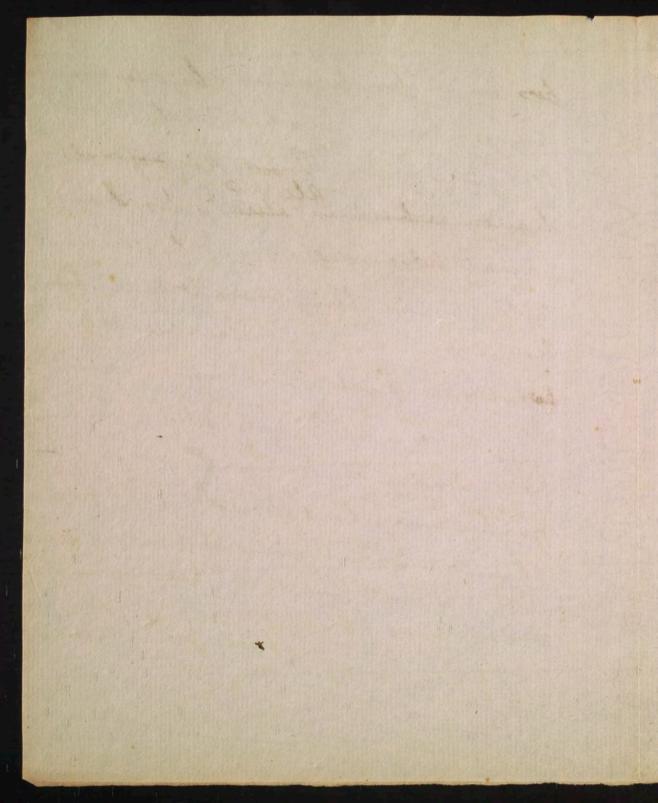


Jesemented and distilled. The former include beer. Cyder- permy - and allthe different kinds of wine. The latter con = sist of Reson ardent Grisits. I shall make a fin remarks upon each of all the grains called Carealia afford by west briding - an matting therwing a fermented lignor known by the name of Bur, but the grain in most commonly used for this prospose is Barly. Bur made from it con: - tains a large quantity of tachanine malter and affords a good deal of nonvishment. It is upon this amount, ment and drink to the poor proplein tome Combies. It is to hansissing

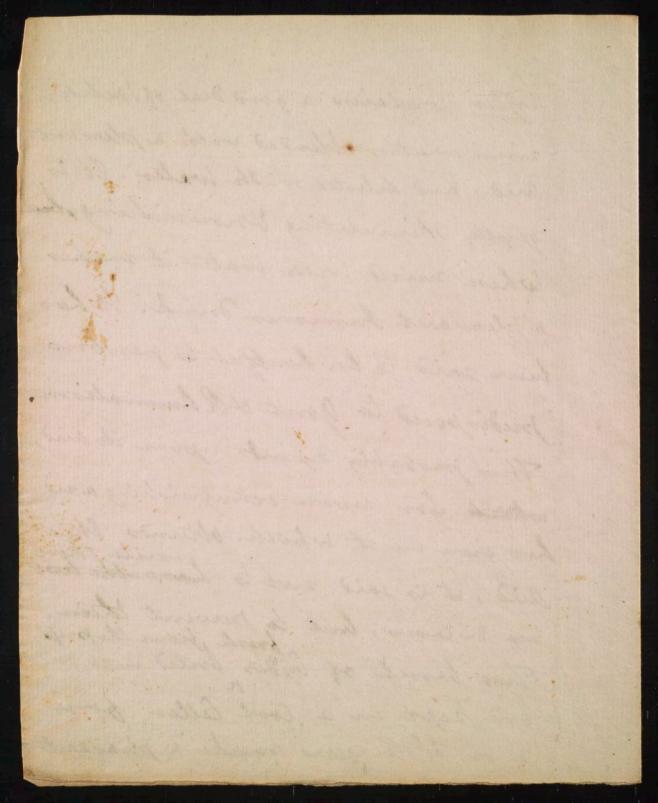
the the some called accorded appeal, in facconia in legence harries by the Parcella Carlos mount and formed to the who properties the second was the second and the se

48/ bes Drink for labourers, but too nowish - ing for pursons who had indolent and Liquer which is called Porter Lane mural advantages over the common table heer in being more cordial, Hornachie, and in retaining this Exholoane qualities in warm breather. They may be drank dilested with

They may be humman houlds, be water of the from the part of with from the exposed with from the to 4 pointer of half a point of honey with 8 of water and half a point of Syan and or bowlafes or half a pound of Syan and or bottle ginger, and just into bottles when it a bittle ginger, and just into bottles when it and way we a ferment tion dis fit for use in margoes a ferment tion dis fit for use in



Gov contains a good deal of Jacha-: rine matter blended with a pleasant and, and deluted with water. It is gently stimulating & nourishing that When mixed with water it makes a pleasant humaner David. It has buen said to be hurfful to pessous predisposed to gout &Rhumatism. This probably dypents upon its and, which for upon esting vishing a red Lut iron in it which obtains this likes aid, it is said not to have the hand Two bassels of Gyder briled into one and kept in a Cool Celler for 2 or three years make a phasant



49 liquor which has obtained the rame of Pomoma Wine. It way be mank by itself, or diluted with water. The Wine is obtained from the grape has as many names as it has its kinds native Countries, as Hay All contain more or less suchasine matter - an and - a Sprint - an unfermented metter are with water. They have hum divided into thong - Level - and end sid . To the first belong tradicia, Sivilly - Ten hayal - Tenerity & liston.

To the sweet grach as tent
To the sweet belong Toway - Town timine, and mulach, - into auch much as Port- Claret, Brugundy - and frid Inch as moselle - Rhenish and hock. They

V qualities ounding to their age. They Hout were The other they are, the lys easily are they duorupout by the Howard. The thong wines are in their most perfect state, when they are between six and seven years old, Hoy at which then time they should He kipt in bolles. not more than

He thought be to the springt, the interests

two on these glopes of them between cate suret whom I wallowed slowly Z

are thinklating on and ensurishing accord - Ding to the greater or less quantity of Incharine matter - and mustaffnit They contain. They soful very different This though wines are most suited to the Chinate of the United States than any Olhars, when a many be taken with the glufus of them thousable taken with a meat upon are armishing, and make with a bis. - with to thout be preferred -The auch and arid wines are most ague. - able when tahen with hyper degree w water. They are improper in all gouts and Rhumatii Constitutions. # There are cutain initations of the product of the vine which are Ersed as hils bilites for them. These are

The state of the s want amount of the second The same of the sa the complete the world in the comment of the commen There end, less since principality of the while the Marin That our

for ruling = of the I know a contrary ognision has been en-- lestained of Condinents. Tour has supposed to be who bown in proportion as it is simple, on mipared without heavening But this the first the principle of the thing the histories of the thing the histories of the hi the tongue is an important flory in busting rement the instrument upon which the Univeli act which support amen at life. eingle expert toon the wine to me when sipped, and thus promited to his for lumetime upon the torque will produce victory: same is much to to do to have that effect when later ! into the flormel. but this thinks upon the trague is a pleasurable one, now pleasurewhen and wate is fre on by to life, and health & high.

Light of hade - writing in hight & figure withing is independent in and mething where above in the Works of the Contine. Contracts & mixtures from all that is brankful and agreeable in the books of trature Aly Condiments appear to be intown a to act report in the fulls lawys. They act upon the boyue. this organis morning the same of the same o the formation of the second of th

home madelvines. The two friends are made of borney one put honey, with four parts of water furnitud with according a line hubs, or luts. The Inchistin and phusant human Drink. melhishin is mode of one part honey others of water It is left agree It is too his vious to be lahen in a large grantity, all the the loft turnmer fruits of our lountry, with the abbition of a small quantity of Sugar, and a little brandy, an agreeable lignon In resembling the wine of the grape. That from the Currant is generally preferred to all others. It is prepared in the following manner.

V meals, and always in a chilerted state. To remove the debility and fatigue which our at those times, they are generally offered to Visitors, but a Cup of Chocolate, a biscerit is a I west Cape, or a little furit should be preferred to them. The To ranklin when a young man supprised his boother fellow labourers in a printing Office in Low our whom he saw switting porter in the intimals of their Freelo by cating occasionally a roll of bread. 11 you exhibasate yourselves (said he to them) by taking the Spirit of grain unly, I am represhed and Stringthoned by its substance.

Marine Committee Committee

Ty all Bernard the lignors all the borner that have been named, are improved by arthin additions are Some times made in order to improve which have been landerinents. There flavor or thate called Conderinents. These are lovemany orise root - hope, Indian Wekle, - himbane Henen Opium, but they all Detract from their Vistues, and some of them render them Ludget unfriendly to health blife. all these fermented liquors thould be taken spaningly in the intervals of V

Commence of Commence Marie france of the first to improve the first to the fir In time lande . The Brief Werger Brief this see I have from this victoria and some of their commen then hundred historically is hard to prove their

Distilled spisits are obtained from all the grains & particularly from Rye, from wine , and bent chiefly from the Ingar lane. They contain a small quantity of aid, and a large quantity of spirit diluter with water. They do not contains a particle of Inharine matter; of Course Hay do not appoid any muish - ment to the body than water. They are hurtful in many from in which Stry are whaliterally row, whethersom or in what are called Things, today or groy. They are last hentful in punch, for in this hig war, the and of the limes bhirts the Spirit, while the water Dilutes it and the Jugar supplies it with a small portion of vourishing matter. Hisis & and have endeavoured in another work,

the Anthon in the Columbian magazine in the year

to point out the wils which these bane. -ful lignors have brought upon the body and Soul of man. Flat of a thousand pens, and cach of them furnished with all the powers of ancient & snoternels. - quenes, they would not be enficient to Describe in witable language the numerous and awfed his ceses of and tries that have followed their lese in energy part of the world. I shall only subjoin here a should their influence upon concise thing of the solutions influence upon health and morals with a relative bien, of Other liquors upon the same objects in exporm of a upon a Scall which of have called a moral ofphysical Thermos = anetts :

V from a tineture of it being absor-= bud by the Lymp haties of the Stornach note which it descends in large quan - lities - it injures the boin when used in the form of Smuft by blestructing the wore -The state of the s

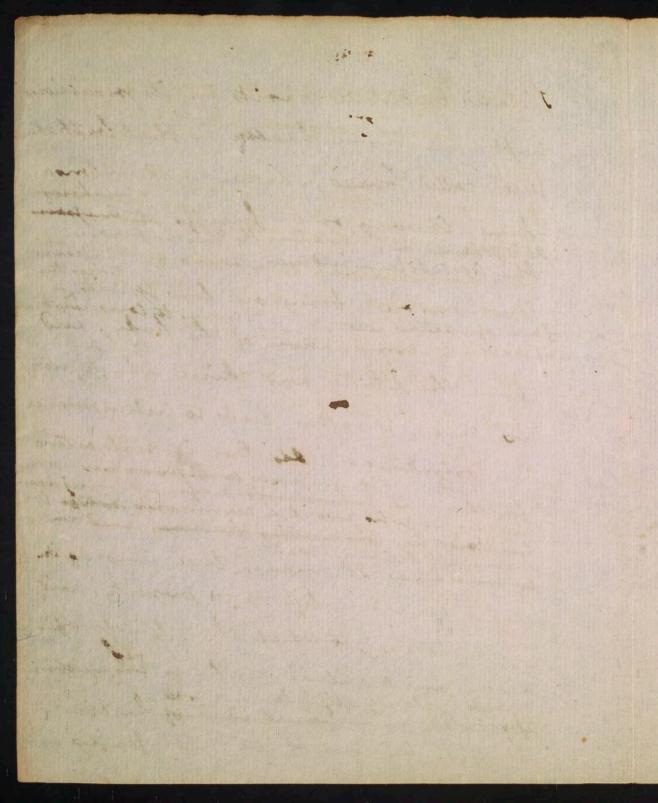
and the second will be seen to the dist

have salled a course of bloggered.

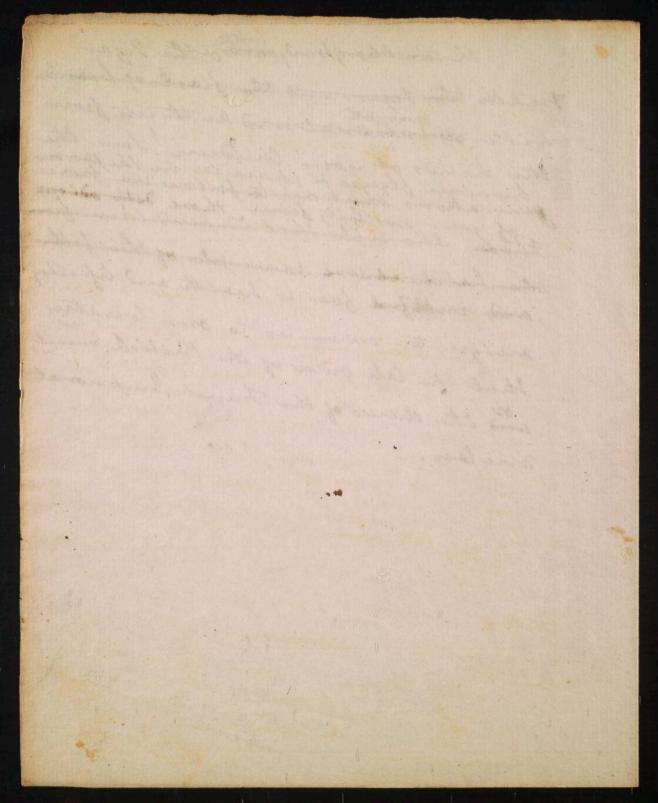
which were a feel which is

mark may by them went to the whole he was

Related to distilled spinits in its permisions influence upon health is that louthoom Tweed called Tobacco whether used in Smon. the apprehite - induces tremors - impairs the memory, beings on low spirits, the spirits, the spirits, to spirits to low, it produces ever accintion of the body, and from the debility and thirst which follow its esse, it often leads to intemperame fullow - it when will be from the injures the persons who were it, a clamorous the little by the best wait, to large invada de ty rannical listificial wait, to large invada de la lanciones It makes, large invada de ... e sing a common life upon property, and it is contrary to that chambinesp of serson and assutment which attempting Vistue. litims of the United Hates



the touther of brandy of out of the Lyan Frath the tegar and the flack of brandy, the hands of your Children! Jane the persons theman pigne be character in the process the process than those the process thank your posterity from those the set of the form the habitual use example of this father! and until fact boes to health and life. They are greater comies to our Country that the late orders of the British bremit, the duries of the hunch Empirorat milan. -



It aving enumerated the principal ar: - ticles of aliment and the minhs in use in our Country, I growed more to make a few remarks upon the manner of using them, to as to durine the quartest al- vantages had to suffer the fire function intermentales formit as the means of mousing health and jos life. I am aware that the long and healthy his of many propele who have how with who have how interruperately both in eating and his distinguish are oppositely being letter desired with some people to desired with some people to all principles and meles upon this heljut. But to Persons who are influenced in their Opinions of the the thouses inefficiency of Temperance inspore health & life by those from a desire of burning willing solitary instances, resemble men who waste a thin estates in letters tickets purchasing waste appitals in Cottonies without the letters in Cottonies without the letters in Cottonies with the letters in Cottonies with the letters in latteraptichets in latteries, - hogte

V nor is any objection to the reliably by to the pus ewa. - tion of health and life that many persons but no Disnequable effects the Daily trunquessions of them for years together as for as they relate to aliments and duines. # The satient Submission of the Constitution to the sate these Outs of violence that are lonsmitted upon it, no more more them to be inswert, than a quiet conserence is a justification of an immoral life. Such persons ersually snap, to use an English plesase, that is die enduly, forma or they peristi we by buble diseases, or hap a sichly & miserable old age.

without considering what an immense 53.2 mumber of people are made poor by them. Jane avere further that age, feasons Chinate, Deception, lotto, idiosynerasy b, the disposition of sound parts of the body to perform vicariones Offices for much as are debility to disease, atome all habit, combinedo division from the uniformity of bit and influences appropriation of bit and Drives upon health and life, but after anaking the largest allowance for them all, I believe with the exception of one person in try energy of find suffert in the twenty the relations of Cause and Effect in the orthingless are world as writering as They are upon vegetables and inanimate muchines. a definite free of hour heat and Invisture is newpary to healthy engela. - time, and a definite from of wind, and

V ap in the inflamman the uniform effects of diet and drinks upon the body, has its himits, and where it is in offering, renders their or bad gradities of inoffensive, it is offen because they are opposed by coun. - teracting impressions. Thus the Intian suffers less than a civilized wan from a gheltenous vical of animal food, busines he toge of he throws off its oppression first by thus and afterwards by the existions of hunting and war - thurs too the Day las = homes haffers life from Frinking a bottle of frist in a day than a person who pefor pros papes his time in a sedantary engs lyment, buense he consiste to it the Country Himmhus of labor.

It samples the ment together for on three a Day,

Itrumpers together two or those to more to pro
and there by to enercese knowledge, and to pro
anote Journal happiness. and 3 language of

to ramind us of our dependance upon the Being who created les, and who daily supplies is with one duity bread - Johnson frush

Water Involves the greatest proprible offerts -patable with the preservation of their texture from injury or distruction The same thing is true, with respect to the agency of ahiment and drinks upon that hody. - Even habit the most proverful These runarko being premiod of pap on to mention certain general ander upon this Julijust alike to a yout maj vity of enankind. Before we enter upon them, it may not be amily to inquire Why one we Indjut to the frequent returns of Appetile, and why is not one made enflicient to support our bodies for a week, a worth, or a longer trine? I arrower figure following followings the Daily returns of appetite for the wind benevolent proposes of the ? countries intiplying and circusing the pleasures of the table. 2 of the

of V The appetite is sometimes an emsage Quide in regulating the greatity of Jord, in assured as it is Often Disproportioned to the Strength of the chigestive powers, and the exegencies of the Lystem. It is who practice always to abstain from eatings Where thou is the least doubt him. I whather enough has been taken. as in morals he that doubteth, and acts, is condemned, so that doubts and cats, never fails to reffer 2 The appoint is biharise an insape Gride in determining the quality of our aliments, for me tome himes wich of them as are agreeable to the taste that Imse, produce disagreeable youts in

The of food and donish should eighte the thing their quality of Much less of meat thing the cater share of vegetables, and less of he cater share of vegetables, and less of go bread, than of fruits. Dop while two grantily we break and down are high. = eient for a baboneur for four betwenty hours, a forian from times the quantity of single heater Vegetables with simple water may be taken with lafety in the same time. A Persian, Chardin tells us, feel, no incommence from cating thirty pounds of Water anclose inaday, I fire and fat in fluences the grantity of food must any for the Support of animats fife. a large vois requires more to nowish it than a hould but, Tand fat people from the lep diameter

the Lystem Stormach.

By I'm the cordial reception which the Stormach gives to certain whis - ments is not always a light that they are wifriendly to health, for hus bome times Observe had ach - Hugic = refs, and vastions upon feverish Symptoms indued by aliments that Jan excite no Sensation in the Stoc = mach. _ trum back to 4

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and the same of

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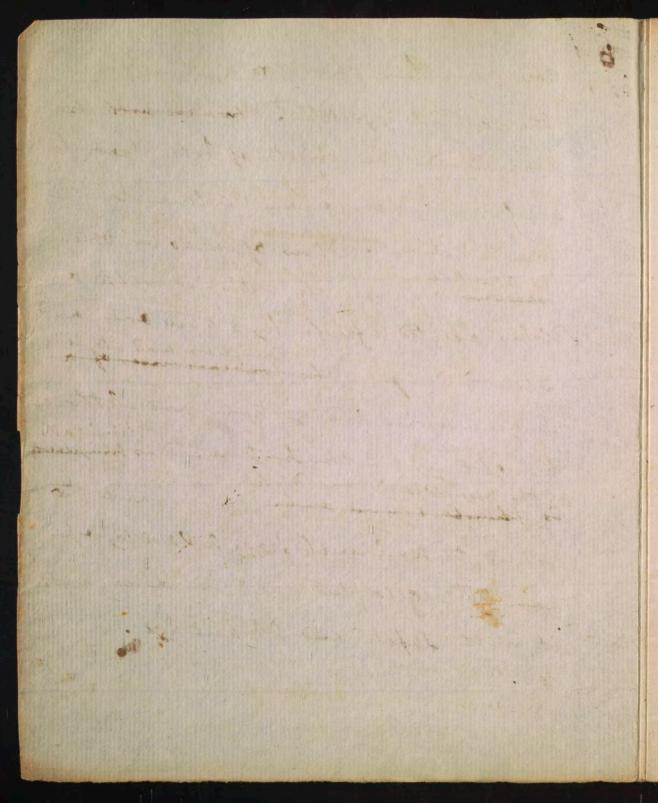
before aliment than then there winder E amixture of which disagree with entrother in the Stownels better the this of though he arrived. por the stip had been of land and water animals are often indigerlible when to hen tryether. - The same thing is true of with befish. It is probable all the abinents & Drains or represente from how the same affirm his to tack other They can only be histomers by experience, but their discovery will amply reward the Labor in making it.

Je great advantages will arise from makingthe

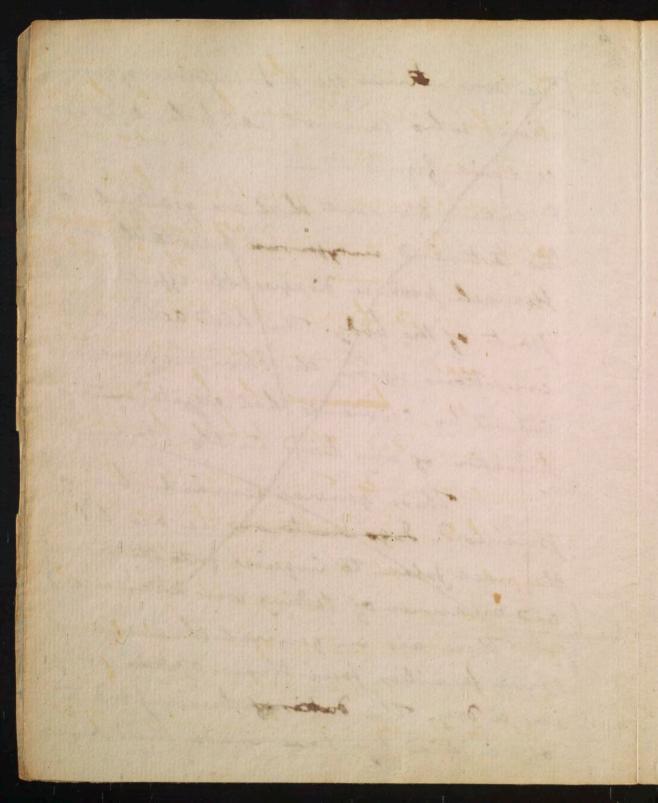
Je the south the the start of the the mincipal head every day upon one Dish. The appetite for food throuts be regulated by

or associate of their deaps a note that of Scriptime of horizon of the second was the second

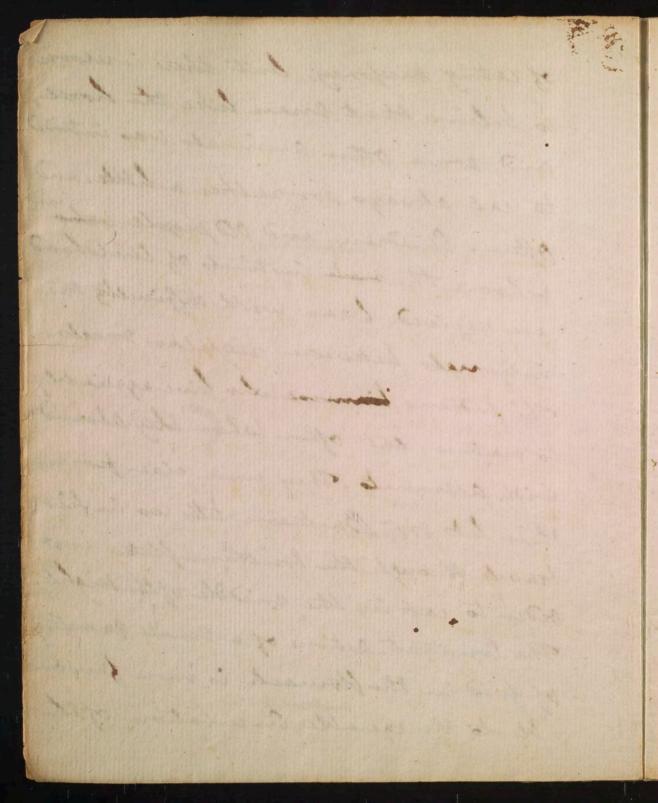
the same laws that are imposed upon The reside appointe they are both to Crarioty in the Objects of both, leads to exufs, and does ignal violence to the the appetite of arently ratisfied with one Dish, excited afresh by a run one, and they were show indulged, the booky comes of a - signemus in indigestion and plethore brought upon the hystem. This tringlisity calind to ansisral fond. a Variety of braile vegetables may be taken with it with Japety and advantage.



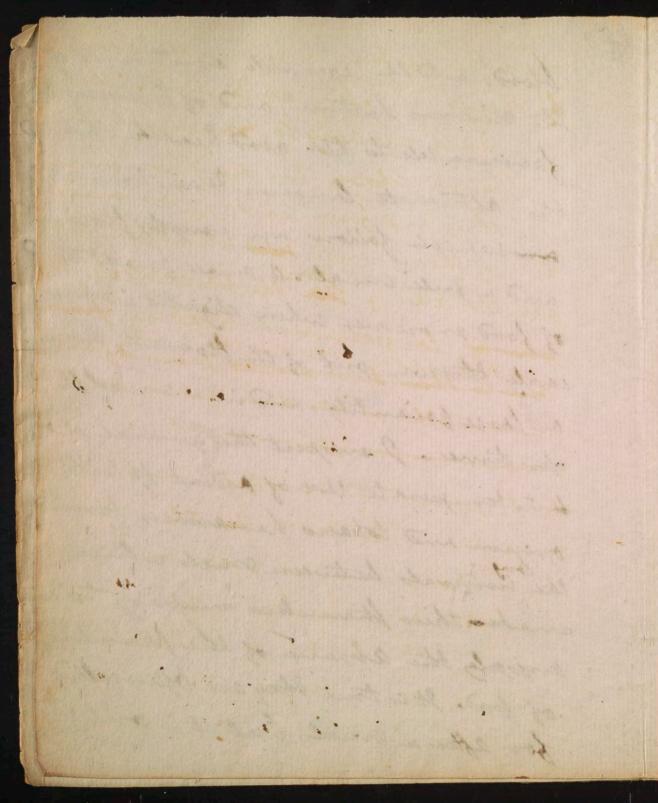
55.2 The sometimes be a houspion of years. -tions who cannot eat fish, eggs, on certain fruits. 5 certain abinents that are grateful to the taste, and inthemin questable to the Howach produce disagreefelle effects in other parts of the body. The head ach, and empstions upon the their are sometimes inqued by aliments that exite mino Instation of any kind in the Stormach. These general ternants being premised, I go hato we are lid in the next place to inquire onto the times (and extenser of taking our Winent) of. There are in general three, and in some families four times of take cating in a day. The deting bus inept duties of civilized life have anade these times



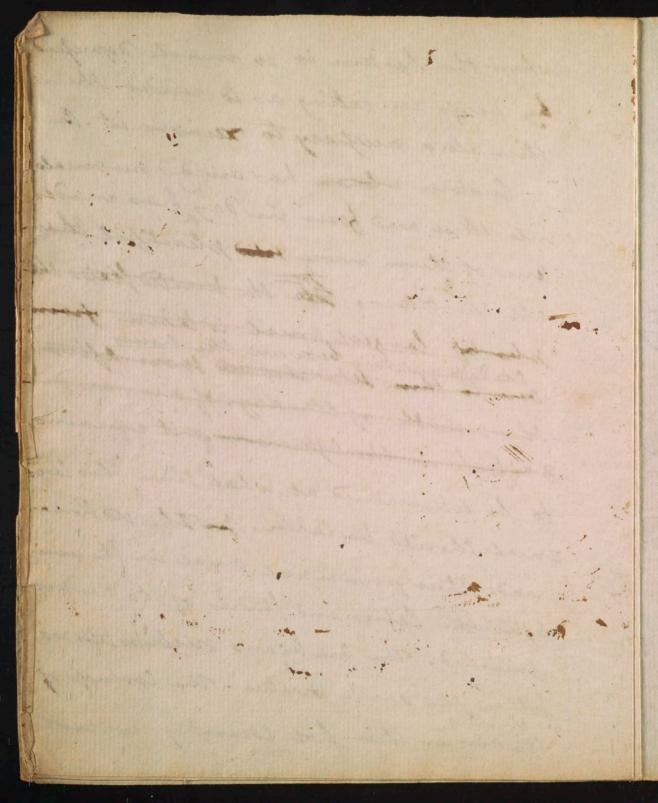
of cating newsay, but there is resson to believe that man like the horse, and some other animals was intended to cat ahvayo, or sultar a little, and Often. Chiedren, and da people beton whom the made instincts of Childhood are revived, Ever with difficulty the internals between regular meels. The Indians Libraise who live agreeably to nature, eat often when they abound with aliments. They were vise from this buds mr. Bartram tills les in his havels through the bruthern flates in over to cat in the aniddle of the sight. The Constant action of a Small quantity of food in the Stomach is more favoura - ble to the equable Circulation of the



blood, and the equable existement of the vienous tystem, and of Coursemore favourable to the good health, than the alterente languor & exilonment an which follow are exceptly Stomuch and a full meal a small greatily of food moreover when digested is more easily thrown out of the Hornach than a large grantity, and in a much shore to time . I enspert the general & & intemperate use of arount spirits, opium and tolano has arisen from the intervals between mules which make their throubes mupary to enopply the absence of the Stienulus of food. It is true they are Often culled for after a meal, but it is only



when the Lysten is so much Depulsed by sup in cating as to render their Himulus nucleary to ramove it. But as Enstour whoisty has divided our meals into three and four in Day has made and of them more this plentiful than all the others of the the this at liferent time between the brundfton the smither of the day of amorand 3 Hoch in the Offermore. it remains to be determined at what time this large mul thrild be taken. In The Des Romans made their principal ment in the waring after the labors and there is of the day were brished. The arabians viebules tills us, Jullow the same practice. The Coolings of evening the air in their hot Country more weather



appetite, and renders lariety many appendix disapreable from a Drumber of people crowding around a table. It was The Ite mening former of the Day from the the gives a higher bons to convivial Islanures in the evening than at any When hime, and those we know and to are calculated to promote the health of Her body. The pest moseover which bollows this meal tends very much to promote digestion of this experience purishes with many proofs. Ever have experiments been wanting to ostablish this fact - 2 Hornier.

transferry descend by to the Manual or was the V While rest favoures or neclerates digestion, it is certain Sleys has a contrary of: = feet, but it does not Jollow from this arunstance that food is less healthy upon that amount. Perhapso it may be snow Completely digested by to longer detention in the stornach, and there can be no Doubt but its influence in kuping up the actions of life in the theping state is greater when confined in the Stomach, than when differed through the intestines in the from of Chyle. Hugs after a full west Thouse he canfully avoided for thette = work whin unduly histerded pulses

Superior and warden formers

Disaperant from a Turnella to Just la

you the appropriate bosons is not enjoyed the 56. the strain of security and there produces to later much who the thing he on a live on some in clay, Jours de taken at he man hours. Dution expectation But thous the influence of habit con: - times to under the middle of the day, or me two or thous hours after it, the time for enting the principal much, it will be proper to avoid labor and exercise Soon after it. If Hup throws be indul: = ged after Dinner, it thrued weres be in a horizontal posture. Airgustus we upulling the but it was only ittown in air Arm Chair. The Postugues often upon the floor and their knows supported by their with their knows supported by how chairs, and their buchs, by a wall after Dinner. - Care Should be taken

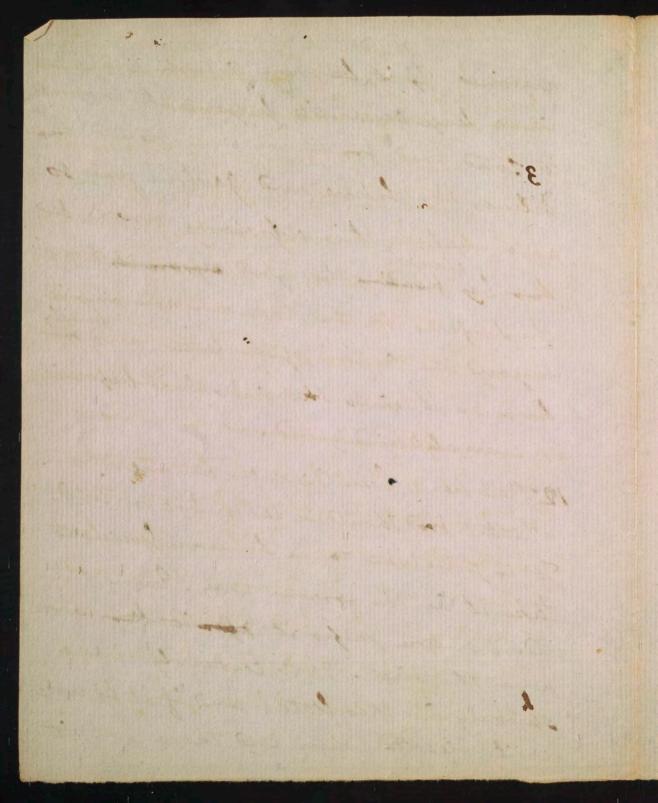
Descrip haveter, and thur disposes to Colis of apopley. V9 meats, whether they be one, two or more in day, thousand, be taken at the same hours. Irature expects them, and useful aporiutions in theaninal Ouonomy are distroyed when the is not gratified. This is most propered most practicable in the mening of lifere what aren a series is win Copen afin it. The Man 13 he work and the second s they shaw the same of the same the function - and have the state of

when persons blup in this sitting posture that the nuch be perpendicular with the bots otherwise the Circulation of the blood will be obstructed to or from the brain. -V 18 It is a Common martine in same parts of the united Mites to take a glap of wine as with bitters before Dinner. The practice is a bad; the without white the Applite luyond the digestive powers of the Homely voit delso. In It is a boon wow of that is taken our Last before we have finished the animal part of our meals, the letter. It acts by thinks if it he wine, or malt ligaring, by Viornalating the Hormach, and there prompting to ent more I han the Syptim

when present the principalities withing present That the orest be proposed into his his boby Hamine the Conscioning of the day will be shopen to to me from the brain - V 10 01 0 000000 in a serie of the series of th when we were hilled topol Timenes . I'll more die is a half the bite were to the Application from the infection promise of the Munich , no a diese. I de la tomanda de la companya de la donie the time the many your hope prince prinches the Americal part of our source the little. To sails by Minimates of the last in a contiction by Houndaring the formule and there which the state of the same

regnices. If it he enous simple, and to him in a large quantity beyond the propostion to solid frod formerly mentioned, the Filestes the Sahiva and gastrie juice so as to weaken this dispolving powers, be elevating the food supposite from the Sinface of the Stomach removes it finally luyora the artion of the latter, and of hussies it into the intestines before it is completely digested. 12 there have been disputes semong physicing Whether from thruld be taken hot or cold, It is punliar to the human Spriess to take it is the former way. Even the mast nations mefer it afteritation warm from the fire. It is certainly more savoury in this ftate, and if it be more casily digested when cold them hot, it

57



when before it is cature 13. The martie of Cawing or butting certain beinds of food has an unfriendly influence upon health. most of greeple hit downto. Dinner in aftate of debility from labor or hunger. To Constand with a trongh grose or busky con a preier of Disjointed ment for the quarter of an hour wester the se-- mois of themathe brought to wereness the weatherfo of the body, and there to impairs the flooryth of the digestice powers. It movements exposes the persons who have thus lost fifteen minutes in Carring to the musp sity of Iwallowing this food without masticating it enfficiently in order to avoid the Inspicions fingularity of cating alone. I say nothing

anote

a dear his is a than in the case of the same

and the second second of the second second

+ The late anthony Beneret once went into the house of One of his brothers at the hour of dining. He asked him to Lit down and dine with him your some poultry which was placed to upon the table. " what! said he would you have me cat my nighborns. Had it been served in another form, so us to have Cornealed its phape, he would probably have dined upon it without asking any quistions, in the first for the first for the first for the family

Grand Care of South of the Standard of the Standard of

here of the Doaischief done to table Cloutho, and dishes by this practice, nor of the remains of surage taste which is discount by litting down to devour our Domestic animals in the same thaps in which they have planed in with their benuty, or innocenes while they were above. The Chinese and the Tounch notions always conceal the those of the animals upon Which they feed by this broken of croking them, the left of to that it is often difficult to the last chapt of lett to taket flagory whether they were taken from the air or the carth. Levethe knipe is in part benished from the tables of France and the from my shis in a great zone englished and the Englished who the want of both the knight fork in Chrisa. In some parts of Sweden and Densuarh molan letts us in his handers

14 V There thoua Juguert Change, or a regales estation in the list of the different kinds of whiments particularly of blash. This is enupary to keep up the phasene of cating, and purhaps the salutary effects of sood. It is from that disposition which the laste has to be outsited with love kind of ament, that that the buf, muston and hig butchers, seldom live upon the flesh they respective. - by prepare for the morket. The diswhish and even antigrathy which some even eaports for particular Ernats prises frequently from their having been fed when I chast boys exchisively up on it.

to the first water

their dishes of animal food goe are entry's before they are brought to table. Lealth from oursional for also Diminution health from oursional for also Diminution for a total abstimum from fit of the Cristomary grantity of our ford att This end by marticed att all to two when we also should be practiced att all to two when we are a little indisposed of in returne tours weather at the following times and under the following Circumstances. I when the body is a little indisposed from sold, or any other cause. The alibrated player minaclin who bivedto mes 100 years of age here had a fit of history during his long life which ex = timed to marly an loo years. He promited the means that procured him this exemption from attacks of diserse were always to abstain from tota food as soon as he

V The Indiano always fast in this thight indispositions. To allay that uneasiness in the Homach which asises from complines they eat a little of the evol of the Spikeward which keyss up a gentle action in the strongely without importing my minishment to the brdy.

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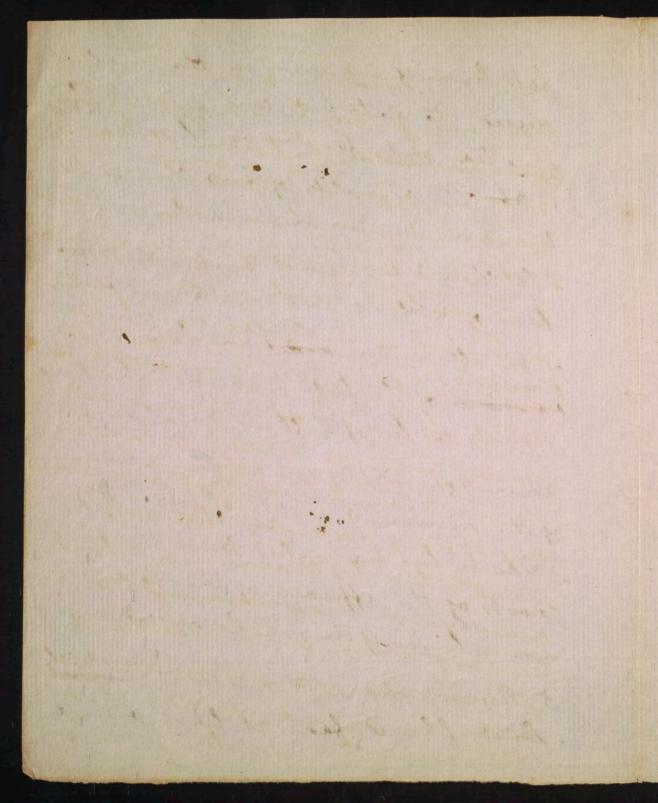
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Street Street At Court want to the Street with

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felt himself ind is posed in the mallest 59 degree - to go to bed - and to Drink Dilus - ting teas only for two or three days. 2 als The greantiles of form through be lipned in very warm weather. 3 It should be lefoned during the mena: = line of violent and malignant fruess. 4 In all moder was and laborious enterprises of the body or mind which one intended to be of a floret Duration, great advantages will arise from a Dinington of the ordinary quantity of food. Dr Sackson has provished some striking proofs of the efficacy of this practice upon himself in the best Intres.

I Persons who live much in winds



anneny the Catholics buch. The auston of dining upon bish way friday is a good one. depend the labor of the Systems It is a relative as it was formuly remarked abstinence, for fish Contains much les merishment than Hish. his John Sinclair amentions an instance of a great fuder who lived much in Company who Dined upon a lingle ess energ hunday. De Franklin made it a partie to while he resided at in Tosance as Mi. - wister from the United flates, to refuse all invitations to Dine out our a certain Day of every week. On that day he retired to his but Chamber, and lived entirely upon week grand tea. He gans as a reason for this practite that it "was newpary to give mature a holiday and a buch in order that the might clean out her Streets: In

V 6 astinence is highly morning before
persons submit to difficult Jusquial Govations as will probably be followed by an influentatory June, on The Judium live of mingh before a battle by which Enchus hounds not made in vital parts heat much downer than the wireds of Soldiers in the armies of wish red autions. March and of Good por A. sold to make he will see the state of the see

China cong a direct from which

all cases of fasting, liquids of some kind 60 thouto be taken. The hystern is more benefitted by it, than when the fensation of think is added the to that of hunger. The System suffers less liberoise from the temporary abstraction of food than it does of Darinks. _ V 15 Prature it is said althors a Vacusier. It is equally true the is unfriendly to les too much Uniformity in catingle Danishing whether it relate to greantity or quality. However the neep any this

Danishing whether it relate to greantity or quality. However the newpory this or quality. However the newpory this are always and to cure diseases, it does not always with prevent them. In the intercourse with the loved which brisiness, travelling, the loved which brisiness, travelling, to something, and pleasures remarks must something, it is impossible to carry as

ale now of forms to the to the state of the ling the by it was when I have the of here is able to the the of the sealing It has been replace the linewise from the to a ser elect with a fine circumstate to the second po of oraline items his often and and the court was the in the way to the same of the same of the same The said of state of and I are grant and military and the state of the state of Contract of the fact of the state of the sta The state of the s Designation of the second second

pair of Scales, or a measure to determin the greantily of the our food; for which rigid habits in entiry and Irribing. To incre the System to cut of every thing, and at any time will be useful in the mesent State of civilino foriety. a little exuprior and then has is often as mulpary and Dalutary as a little Diminution of our Soudand Dunks. - It fortifies the System against discuses from Canous over which nee have no Control Inchas the Vicificales of the weather, months him a gentle fillip to nature, and questions has aprations foresting to keep all her papages open, and Johels in enotion.
The late Dr-Aleshover belonged to a Cloub that Dined together Once a fortwight.

V Short, he does not know all the humles plasures of cating who does not depart now and then from his ordinary habits as they are related to the quantity and quality of his not, A the pleasure of a beast, who fores muchtions by every day. Salvelary as a little

and in section of the first Contract Co

against hickory have come who he

las less on interest processes and

mily down to be well first

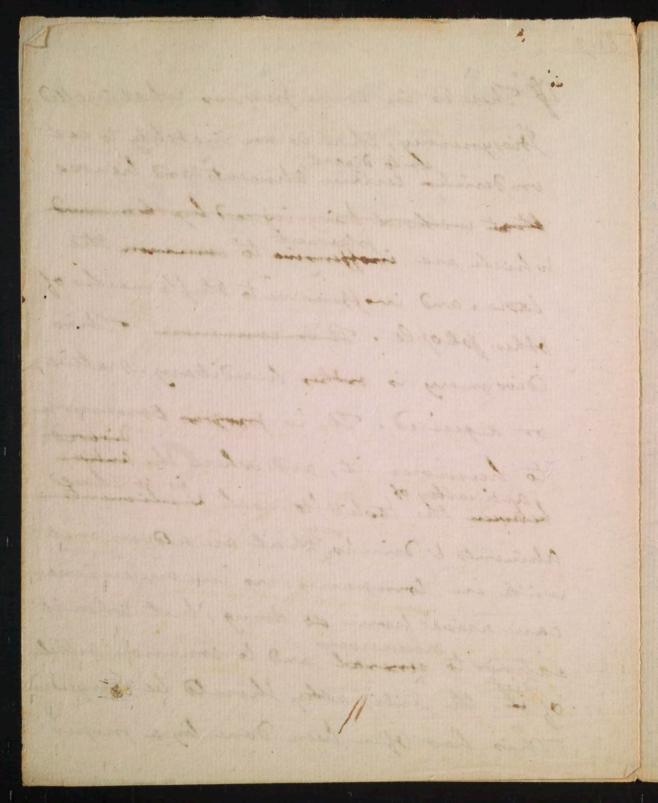
E gentle filled to gentle and a series of the series of

Said Digg orker and a feel did

Has Detor for two on their days after at which he at mo deanh a little enough for the say he muting this Chile he would to say he he did with his family and Spirits than he enjoyed better health and Spirits than he did on any of the intermediate Days. The Just Supplies of of heasth & Spirits & even the blowning Color which many people bring home with them from that wisits to this friends whether in town or Country, and infome instances from emineral fprings, and the buthone, I believe are often the effects of fuel vigor being in the Calm in this Systems being removed, by the inthis Inantily of food and Frinks tohich friendship & for Company Disposed the them to take; or forced upon them . In 15 Town throw be well madical before

V Queation in youth, and by a's for resolute experiments in every Slose of life. the state of the state of the state of printed the second of the seco and the same of th The state of the s

If There is in some persons what is called Hisymenay, that is un inabelity to cat or drinks certain aliments and liquies Which are inofferming to some the taste, and inoffensive to shiftmarks of Other people. His women This idiosynery is wither hereditary-native, or arguined. It is propose common to humour it, and where the Antipe fantipaltry of table & fto mach y aliments abrients & Drinks that are selven met with in Company, no inconvenience can arise from so doing, but when it extends to served and to common articles of it, the antipalty should be conquered. This has Often been done by a proper

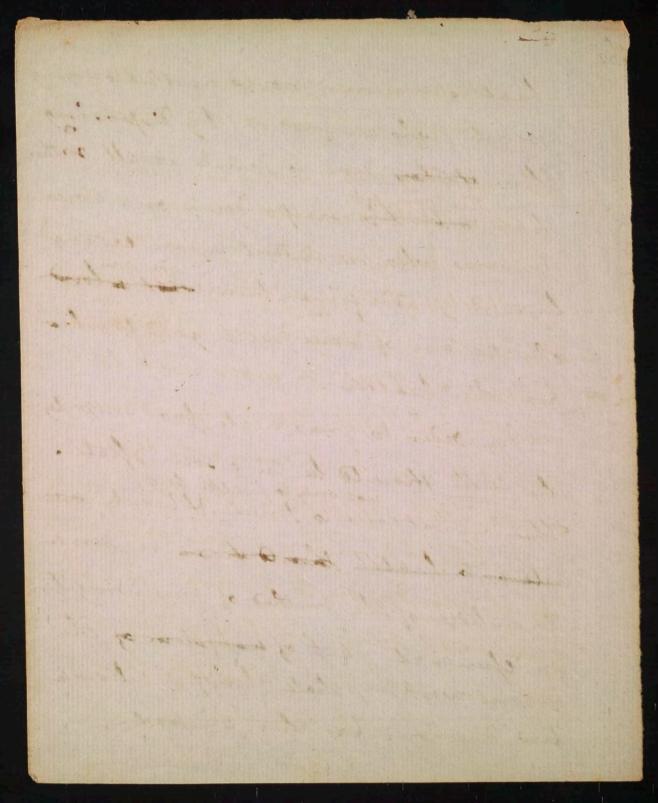


18 Food thould be will masticated before it is ewallowed of the following experiment will them the mulpity of attending to this will them the mulpity of attending to this rule.

many diseases of the Stormach arise from
the neglect of this vule. It is often indutooken an appetite-by business of absence
- and by extreme huny of business, highths.
of minds, Conversation and Dernking said.
The last subjects is hartful has this effect
by Obliging persons to mallow their food
by Obliging persons to mallow their food
by Obliging persons to mallow their food
organish plain thanks to the person who
organish to them. The practice of drinking

To The House of the well we will see to be the see will show the anapoint of many a selection and the same of the same of the same Sand State of the state of the sand of the sand of the live properties in the sale of the affect the origins property to make a deer finds Etalle a work in a partition of the Million of the Comment of the second of the

healtho moreover proves hutful to young previole (who are envoint) by disposing Them if they not to Drink at all, rather Than publishly half a dozen or a dozen persons who are intent upon enting by rudely addreping them with show elivated tone of Voice, with good wishes for their health. In order to masticate food properly, The teeth show to be in a sound flate.
This importance to I such, I heart, will not bealth shows trans under a knowledge of the method of presuring them an epential part of madyster of the present work. I shall theorefore delivera fen directions for this purpose.



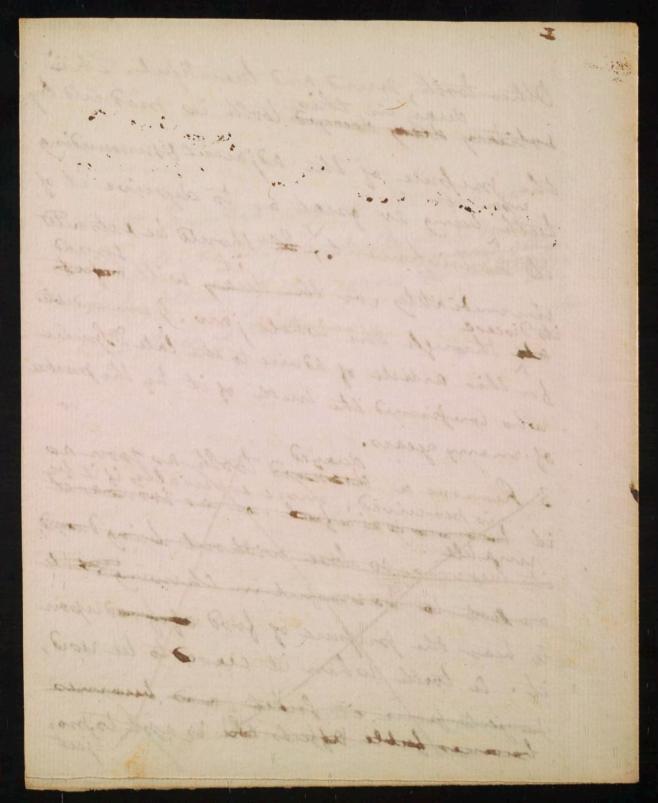
63-1 means for of preserving the tell & emphying the days want of them. I Let the with tath (as they are called) or the frist bath, be extracted as loon as they : himme lose, in order to enable the sund beth to project in a stront & regular Innuar. It may disposition appears in any of them to grow insynlarly, let them be kept thrait by means of god Wire, or by drawing the Djuring with lotth before they are lose. Crowled tuth, like deformity, in other parts of the lift, ahongs dispose to discuse. They pure sally duay love, brile regular and hans were teeth are generally lasting. 2 hr young people we bornetisms observe a lingle decayed tooth, with every

V for In this respect the teeth resum. = ble plants which enflowed & Tistrony cach other, if they grow too streety. The duages toolh

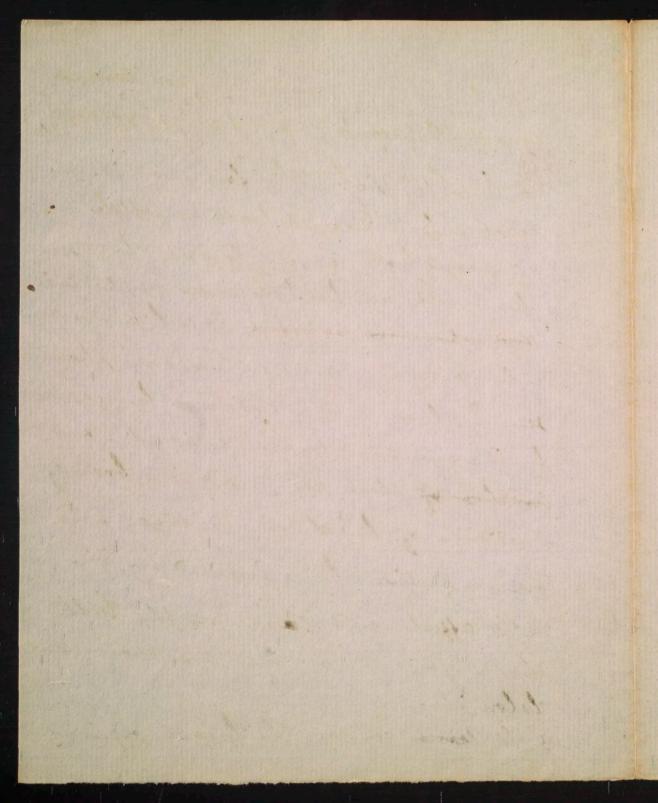
AND THE RESERVE THE PARTY OF TH

Other tooth, exund and bunstiful. This duay in this tooth is moduled by the prepare of the adjacent & summering lath being en great as to desprive it of its provinishment, It thouto be extracted in military will refuse its Discase through the whole jan . I am indited at through the whole jan . I am indited for this article of advice to the late Deforme who confirmed the bouth of it by the practice of many years.

There are a distributed of the state of the service of the servic as hots to formation changes the to hear the propure of food of from upon it. a tooth where it censed to be used, projects prom ets frett to be is upt to mo:



3 Remove a deaged twith as loon as it is Writipit can be the decay can be stoppedby goto lass) to bean the prepure of food upon it. The reasons for this advice are as follow. I a decours twoth exposes to great local pain, from Cold, and hot hubs tances opplied to it, and when wet painful It is likewise an inlet to many general discases. I have seen Grilepsy and indigestion brought on by it, and cured by its removal, and anthon of there are records in books of medicine of head ach, bertigo, and Consumption being indues by it. 2 It affects, and compts the tath that adjoin it, or that are about, on below it .. 3 It times renders the breath offusive,



and sometimes taints the food thats
wood thus brings on discuses of the
Stomach and bowels.

4 Snow a duayed booth not being
used, it is apt to project

had the street have been the food bearton the forest and a second and const Profes I was broider. The state of the s

from its Sachet, and to leaven clongated. But this is not all - from the want of about or below it, they titurest majest, and troms lose, and Leve we observe the lop of the fore both of the upper jour, to be som followed by the lop of the crosesponding teeth of the lower jan. Home with The touth of this remark will appear more enident by attending to the flate of the beth of houses that live altogether upon hay or loft food. It disposes the incisores on fore with of both jaws to mojut, from their want of exercise in critting the grafs, in consequence of which they are unable to bring this molares or grinders together. It a stable this left are kept constantly in a stable this last often the present tirely from this cause. I shall in another placementic

V 3 aynire a habit of exercising equally the teeth of both hos the james in ceting. The faliva is thus poned forth more plentifully upon the food, and equal through imported to all the lath.

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Surgeon of the same of the sam

the eneans of preventing it. If Aris the early and intemperatellese of acids whether unsige fruit ovin Vinegar in chit, and the carety we of the lasting mineral arids in as Indivines. The mitie and is ento be the least hurtful of them. When it is mupary to use any som of them for a Considerable time, they should be taken through a pipe diheter with Water so as to pap over the buth without & Protest the Lead and jams from Cold & a local former by sluping in a warmstright Cap in Cold weather. By this means the warmth of the body is equalized in bed. The funch people one this saullent buth to this post practice in a climate not much lip variable than

The brokening of brogerithing it. of shows the early and interspendenteller of his who the many was front going provide the wind have the court for of the forting married dried and the . The mitie has a commenter the least huntyed of their a believe to be uniformly to more how to some of freely man a considerable time they show a bee below through a pipe white to with side so now to pay our the sale his character to Probablish last and jour from God Ris a love for the Maging in a insuma might Tap in Cold preston: Pythis marin the bearingthe of the lessy is essenticed in bus one this sauthent a there there was proceed a with life marrialle them

65 that of the United States. & wash your james and behind your ears every morning in low water & your teeth with water a little warmed, by mans of fire , or by standing allthe night in the up open der of a warm of wash your buth after wery mal, Chamber. particularly after hyppings. The remains of food by stagnating a whole bright sometimes so acris as as to influence connection to the from their Commutation to the this Commute. - time with the grows & torequently and Carefully remouth tastas from the nots of the teeth. It me-- wents this bring duly nourished, and

Vhrisility only to heat and cold, li probably for no Other neson thants teach us to protect them from by the extremes of both in our stiments & Derinks. safe him of a property of the safe of the A fair of the second of the country of The state of the s The second of th which is the state of the second of the seco Control of the same of the sam

Thurs losens and distroys them.

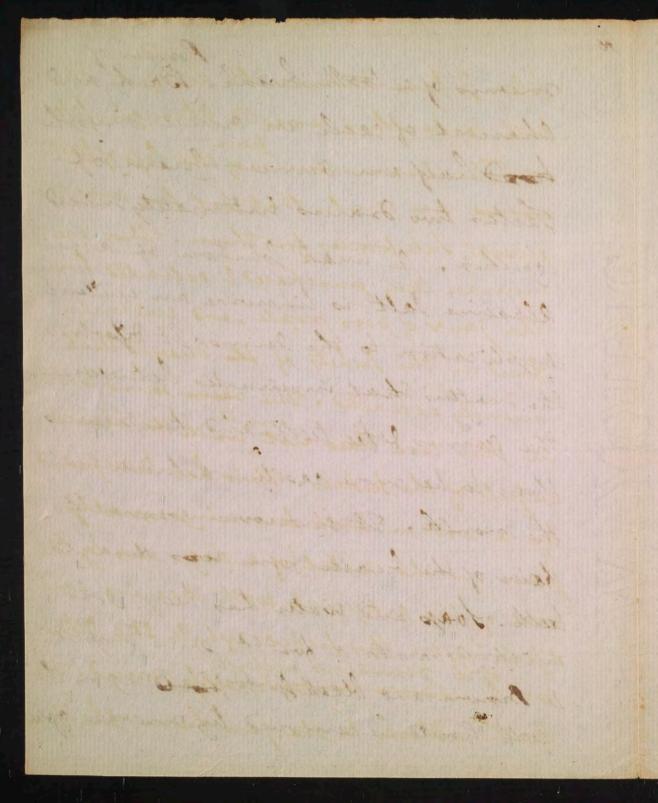
Application of cold

of Avrid the alternate action of cold

and Lot dwinds to them in a guilk Insufavor . The teeth are endowed with V 10 avoid Using the buth for joniposes for which they were not interded, muchas ernehing hicrory souts, bending hails, biting hard applies or Other print, and enen biting the ends of the erails , and the ends of thread. homen weaken this teth very much by the last practice. If avoid the Use of all avoid comosive touth powders, also too enrich friction of the teeth. The following Composition has been found to be safe and besifiel, when subbud upon the gums by

of living the alternation of the Surspain soit little a se margin for the A love ming the beth for prespect for which they were enot intered, winder conship hierory muts, bending thereby hitry his haples or other print and ence liting the east of the proids , was The ends of threed. he seems meatheren this best very sured by the last positive. 4 anis the use of all anis commine toothe powders, who too anul printing of the beth. The following lampountion los hum forma to be soft and haiful, when ended upon the Junia by

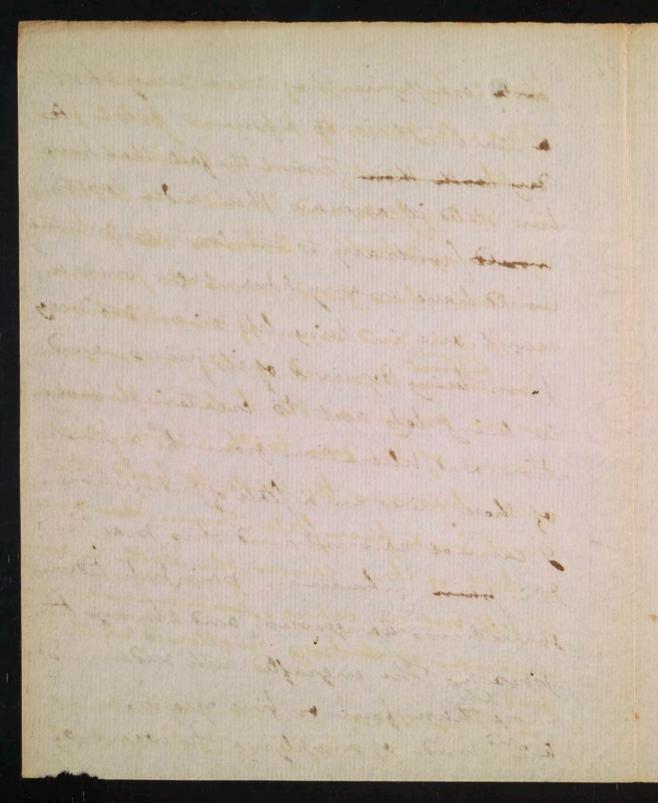
mems of a tooth brush. Back and 66. Chareval of cach an orince, myssh had half an owner, from of Tactar two draws intimately mixed logelber. a week folistion of an Alkalins Salt is likewise an exullent Application to the gums. It depolus the matters that instinuates between The grows the teeth and this prepares than to be more easily washed out of the moult. It environer corrects the betor of the breath from was draged both. Joap and water has been used with advantage for the same purpose. Il Brown and black spots that upon the toth should be removed by means of a



file. I have known the dream of the buth to be throw amount through life The insumminues of the lops of buth and are much that but has supplied sweral Substitutes for them. These are human tulk puschesed & estracted from The jaws of pour people, and endenly fixed in the Sochets of the Dury tuthe ruently extracted. The recent round tooth in this case does not with the blood repels of the Sochets. This has been proved by a worden booth busing equally from in the locket of a dog, also by the root of the artificial booth duaging and dipolving in the Tocket while the Other part retains to the survey sound. The booth atheres to the jan bone therefore

file I have himmen the wing of the had to be the same to strong he hipe and the insurance wines of the top file endere are much that but has emplied sained to water first for them . There was businesses their proceeds to extracted from The Jane of Some higher and Englanding friend in the fields of its leaves allie receivedly extended. The seems some body in this last does not not be there? supple of the losses this has been proved by a layer in with business equally place in the locket of a day also by the cour of the professible down disaping and depolaring in the partie while the Other is court of my from I. Ell look attende to the jour love therefore

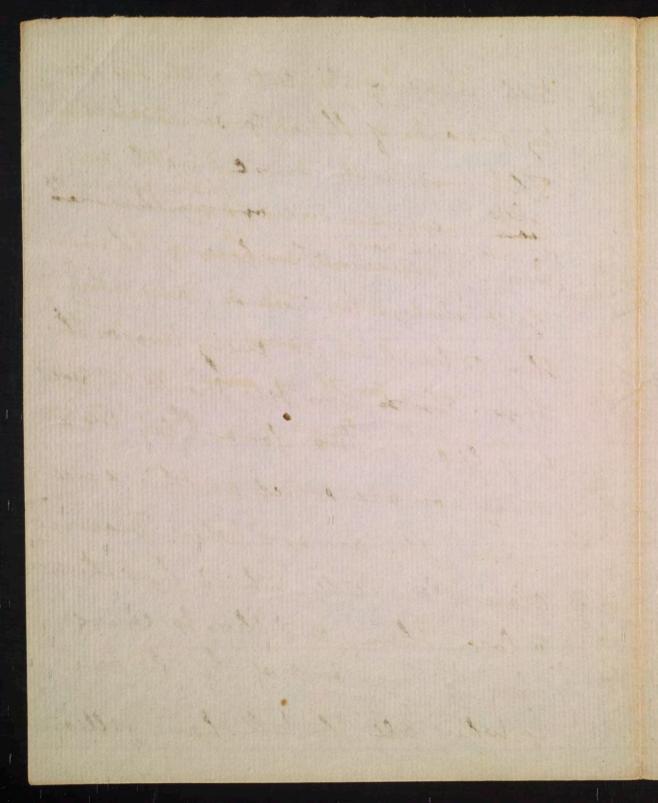
only exactly in the same way that a Prail adheres to a price of wood. A my trothe those From the facts that have been stated it appears that a dry tooth words (contrary to the common practice) would have many advantages over a recent one in being less disposed to Decay from laing dysived of its juices, and in being less aget to create influence. -tion and Wheration from the acriemony of those juies in a State of putulation. I cannot rummend this practice. It is pain inhuman, painful, tidious, sometimes dangerous, and always time -sporary. The engrapted buth seldom last more than four or five years. a 2nd mode of enoplying the want of



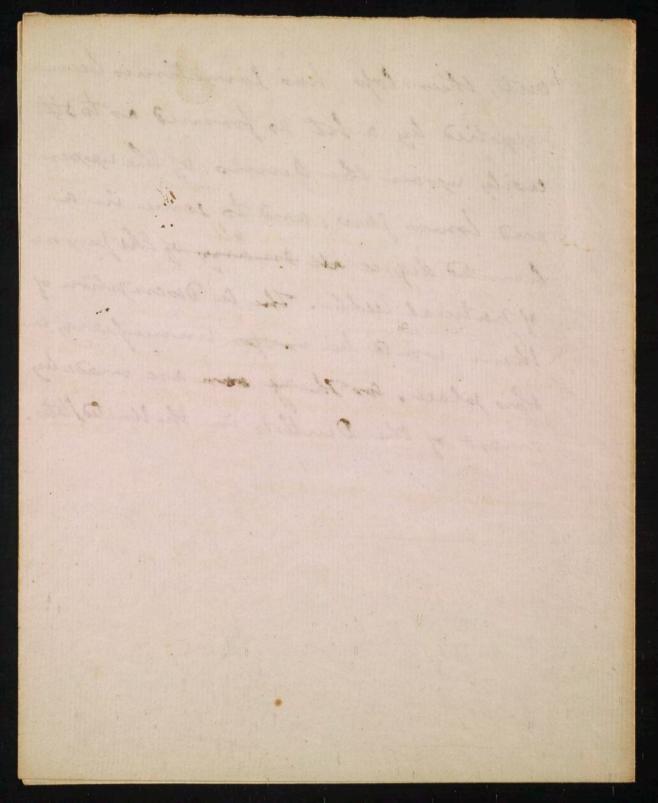
buth is by arrans of what is called private = ting. a puis of liber or good is fixed in the an artificial or tratural booth in its Dry State, and thrust into the things of a drayed trolle. Astorthe The a twoth or teeth thus fixed, serves the purpose of youch and wer of mastifation for some time, but the privat som wears away, or the hole in the foch Hornes of the dear toothe in the jane soon burnes too wide to hote the pivot in a firmftate. From the one or both of these causes the tooth is apt to fall out in certing, I have known too instances of its bing swallow is with the a 3 routhord The want of natural buth is supplied by tying artificial

teeth is by somene of what is whis private ating. a point of liber or probabilist in the now sawijerial or explicit lotte in it my feater and though into Electrony of whenes and . Someth & a trolly or teeth thus piers serve the purpose of the solutions were of machipetions men sur or the bale in the book Swamps of the sur both in bles jour soons busines too will be hold this prince in a principate. From the prince on late of these causes the book to ask. instruction of sof line problem a with the in grature the water of material stant in respect to the form a historical

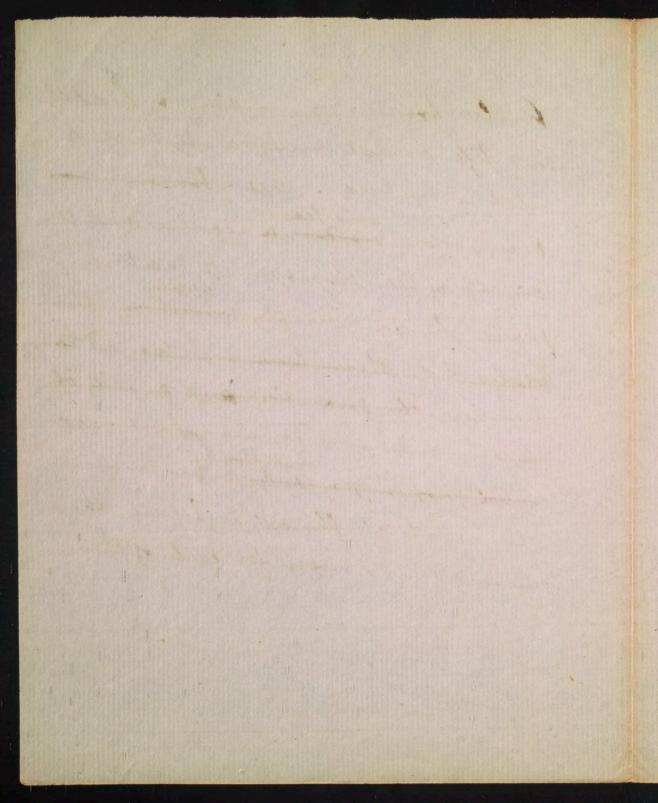
68 teeth made of the teeth of the Jea low by means of thread to somme leth. This mode is the most durable and than eighting of least inconvenient of harm that the like have the fetts of them. In fetts of them Thall ahrays be in use, and they Should be changed every two or three days. Tours sets thrutt be level every year or two, for as they were away, or are esoded at their extre-= mities, Itay are aget when drawn Close to the teeth which how them to losen them, and thus to cause Thom to Days out of this forhets. 4 where all the lath hour fallen

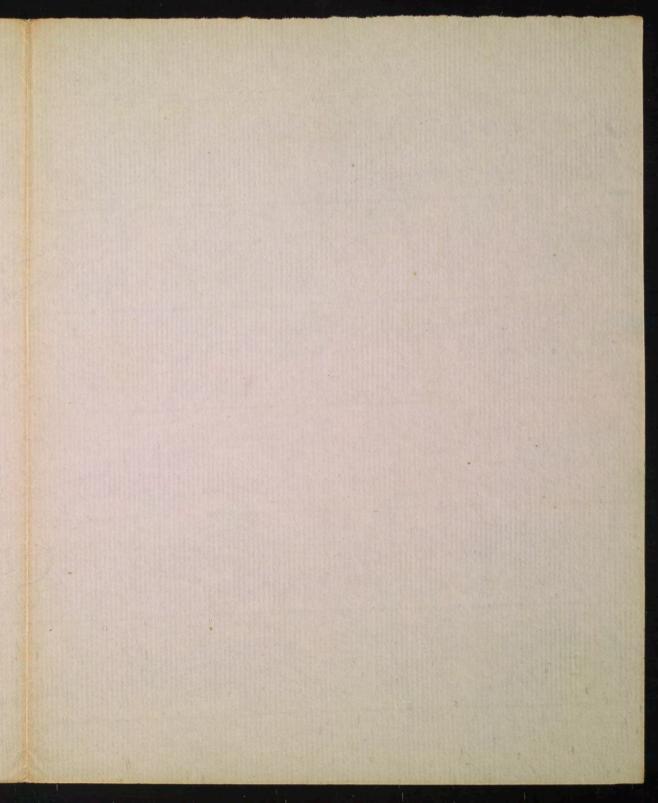


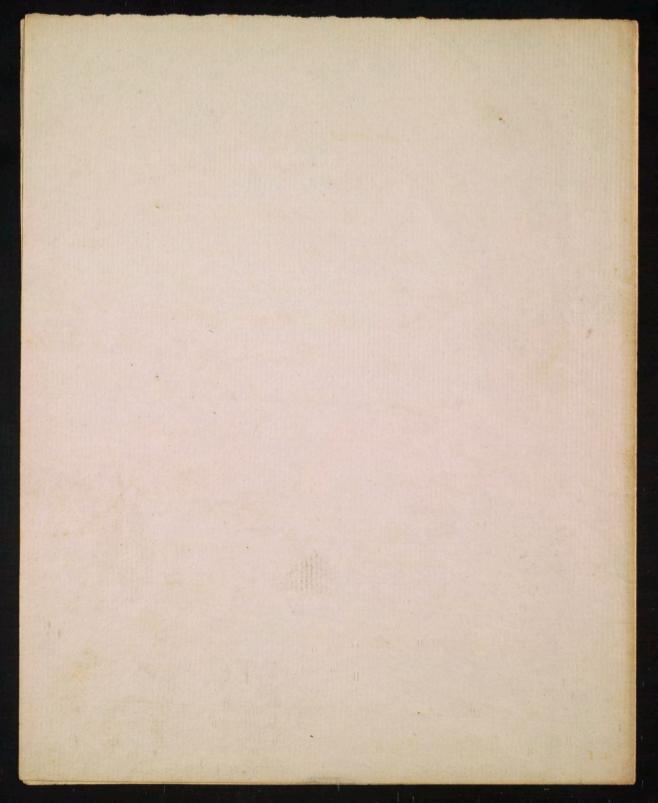
out, this lop has fornetimes been engyptied by a let so formed as to sit ensity upon the genns of the upper and lower jaw, and to seme in a limited digree all many of the purposes of natural teeth. The a Description of them won a be much bunuspary in this place, in They we are madely most of the Dentists in the United States.



Pules for the preservation of health and life must murparily be of a relative nature. Age - fender and season ignine dict & Dainho of an appropriate nature. I thall therefore briefly montion the mules that have her mentioned to mention the grantily and quality of the alienants and Dirish which are mention for tirum. : stances which thould regulate the diet and drinks proper for each of them.

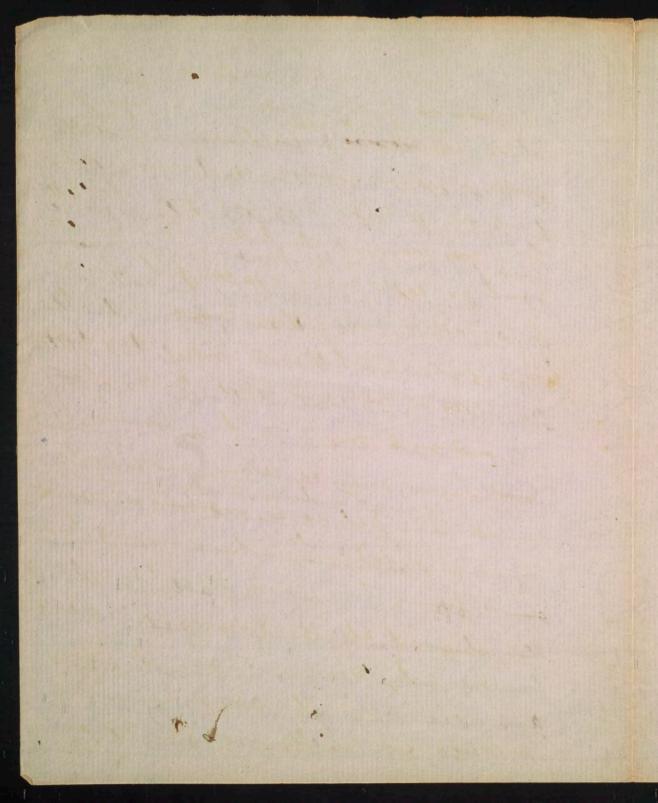






Chiedren region popep more initability or a quater dispusition to be be acted upon likewise by Himuli, than adults. They require food for the donble purposes of mornsting their growth and enpplying the daily waste of their bodies. It follows of Course that their Dat and Durinks thould populs but little Skinulus, and that it thouto be of the most nourishing kind. - son Thrown What Las heen said in the history of aliments
it must be obvious, the grains
with smith township to the former

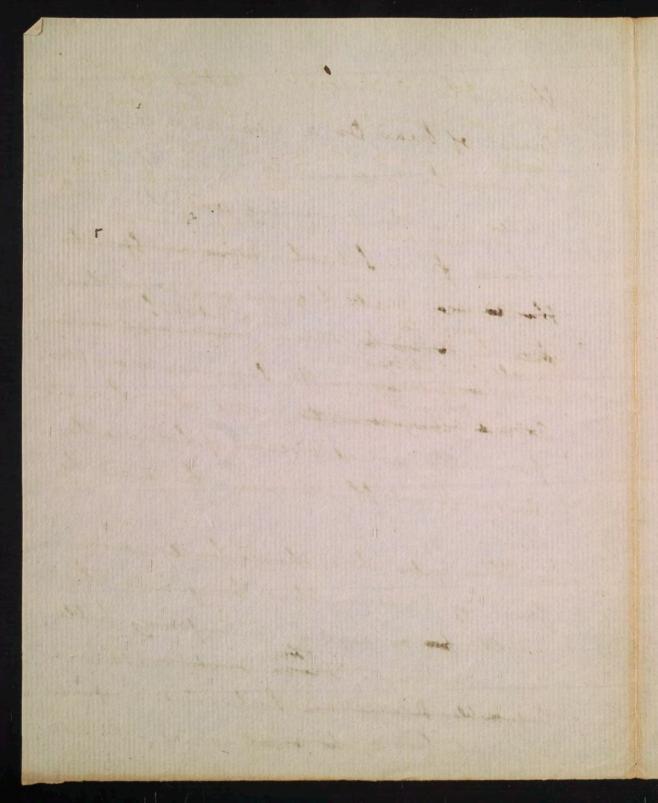
I fruits - with though townspore the former and water are most Dritable for them. The robust fanstitutions of the The firmest Constitutions in Europe and America have grown out of the polatoe, outmeal and Indian loves



mixed with with, or Ingar ormolapses. as they are bildren advance in years they weak ten & Coppee, brother, and fish, bottom of which was with a moderate quantity of boiled animal food. The life it is seasoned the beller. Condiments Inch as fatter ment asalter fish thould be withheld from than at s with their abundants and hyppers when those meals consists of ten, and Copper. Butter shored be med by & given to them spanisly; Jugar may be taken more freely on a teasproonful on with their aliments, provided it troub more of it taken in the morning has been found in many families effectually to prevent all the discuses which are produced by wavens. From the capid Digestion which the above alisments undergo in the Stormache, Children they,

Ordered of held and had for the and in fore more employ feel the see the state of the s and the state of t consists of the sons leger to alle the and the same of the same of such they wind the talker seems to the second of the second of the second was at the same and the same of th to present all the government who is the wind by blowings. There the wife don when I he about plane of many the first of the second second

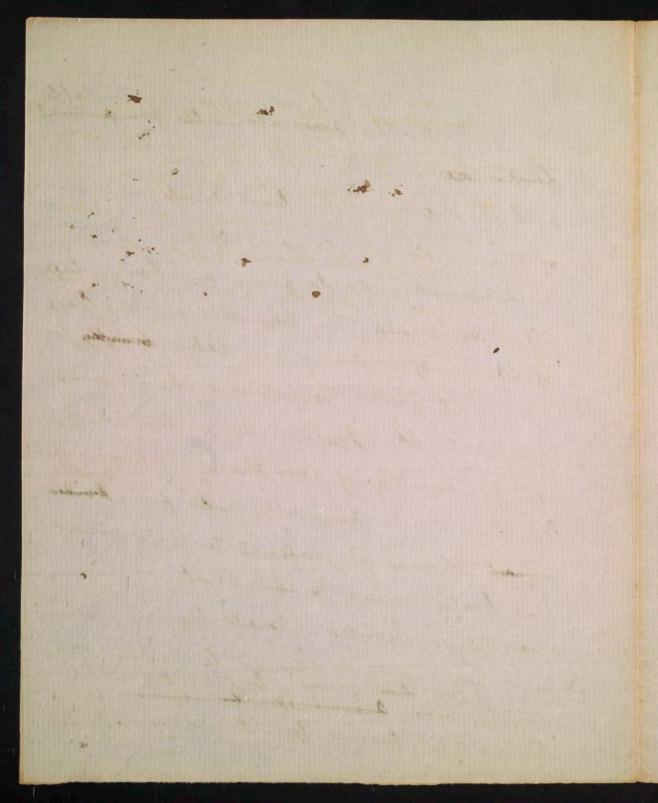
Should be indulged in eating often. a Const of bread, or a rousted protestor Hand always be prepared to mut their appe. - tites in the morning wond when they return from School. Wire and Spirits there we malt ligners and wine thould given to in a diluted State in willow great Continue, and the former months, and that only in the Summer months, in order to protect their bowels and they seems to protect their bowels from the usual discess of hot weather. ardent spirits should never be tasted by To these rules there thousand be exceptions in favor of Children that being into the world, for or agains in infamy, fuble Constitutions. There with with and eregetables Alone are buch children require animal food of the grant cordial vature,



and a constant but moderate quantity of mat hignors or wine. I have some a father they are the rundies of the Constitution and as much indicated in buch Cases as and as much indicated in buch Cases as much indicated in buch Cases as and inner are to cure this discases.

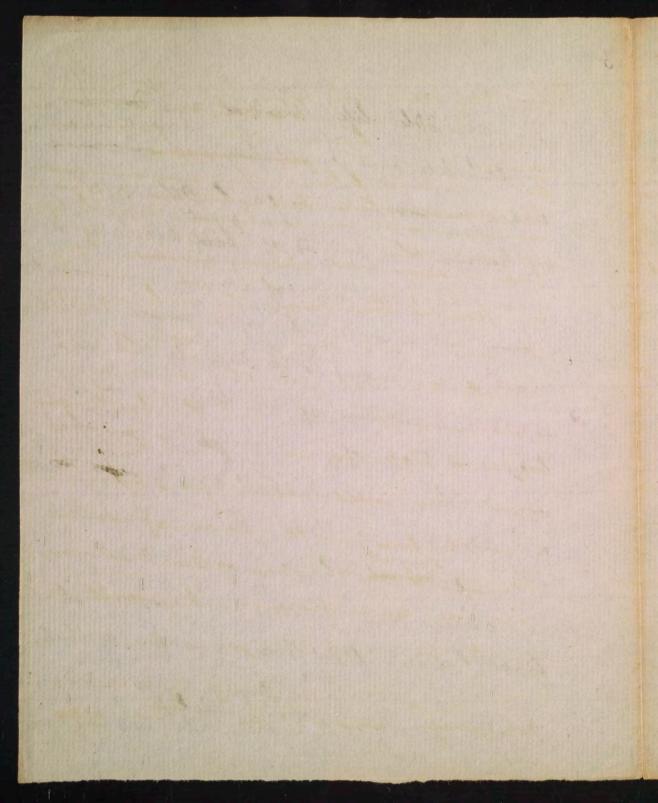
Francisco de la company man de la company de of much begins on where , where me me in the day they have the converse of the fourth that

In youth the apporties calls for Animal fade to and the never unsible in a high digree. The best exup in wither of them, disposes to , and often produces discasefranticularly fevers and homosheges, the dittement the appetite in this stage of life is often keen, and calls chiefts for animal food. To prevent the Diseases to which the hystern is predisposed at this time the great the great they of food though always be souths lefs than the appretite calls for Bills west Should be preferred to solid meat, and brilled ment to that which is wasted or broiled. malt lignors, wine and Courdinents though be taken the :with their eneals, but at no other
with him aneals, but at no other time, and assent ypinits - never . Pastry



made in the most simple manner, and atornising with fraits, serves to and atornising with fraits, serves to blunt the appetite for aminal frod, blunt the appetite for aminal frod, and thereby to before the Blue of it. It would therefore form a par material part while therefore form a par material part of the Ditt of all hoarding tehnols. There of the Ditt of all hoarding tehnols. There are for young people that are not found are few young people that are not found of it.

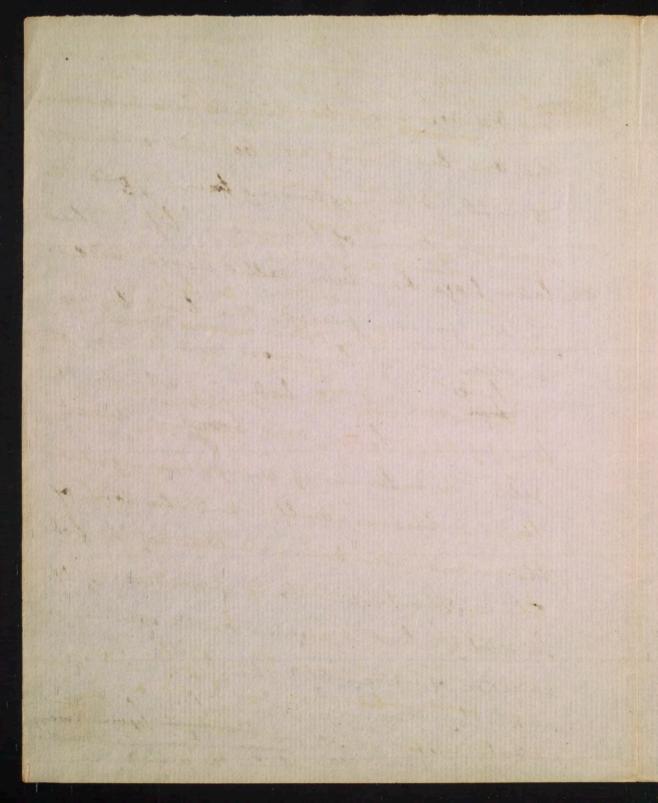
In middle life, the dist was derinks.
Intability and fensibility are in an exact proportion to each other. It is enous the puriod of had bodily and mental exertion, of Course musicout. -gen Diet and Drinks of a name cordial mature are required to supply the the sapid expenditure of the throught penous of the body and Vigor of the mind. To transmit moments of this age, I shall only suffer to an attention to the Rules which are annexed to the history of rit & Drishs, and advise them Justine to recollect that good hatth like money is a Cupital, and that the more Oromorny is used in in ranky and middle life is laid up



for old age. From wise but not obvious the injuries that are done to it, for many grass in hystern often enflers in years in batisme and liberer the injuries to this last in an end to this are done or later their is an end to this are done to it in the hy and driedle life; fortiarance; not always forbear. The overflowing busipessons the rich ragants, the under and oppnepies loads of wen Dringsle animal food, the improper misture of aliments, and the bottles of instead of glafus of biene which have I walland with them, will nevive year afterwards like the first in the forms of if they at subject to a premature death from certainly commencer accent discoses, they will review in the forms of Vertigo, puby, and applety, and thus amply averge the intemperate and single less the precious gifts of providence.

where of stafens of more in factor

734 Old age may be dirived into two priveds, the one beginning at 60, and ending at 75, - the Other, extending from 75 to the remotest term of human life. This latter loge has been called derepitude. In the former period, the blow begins to flow with languon, and to staynate those in the parts of the body in which the force of the heart and parteries hast felt. The Senses of suing, hearing, and bornels burone Drell - and the tone of The mind descends with that of the body. The newous System loses a portion of its Similate, but it arguines at its expense, an energe of initability, that is no some with - sively upon it. The Thing history of appetite energies, while the teeth

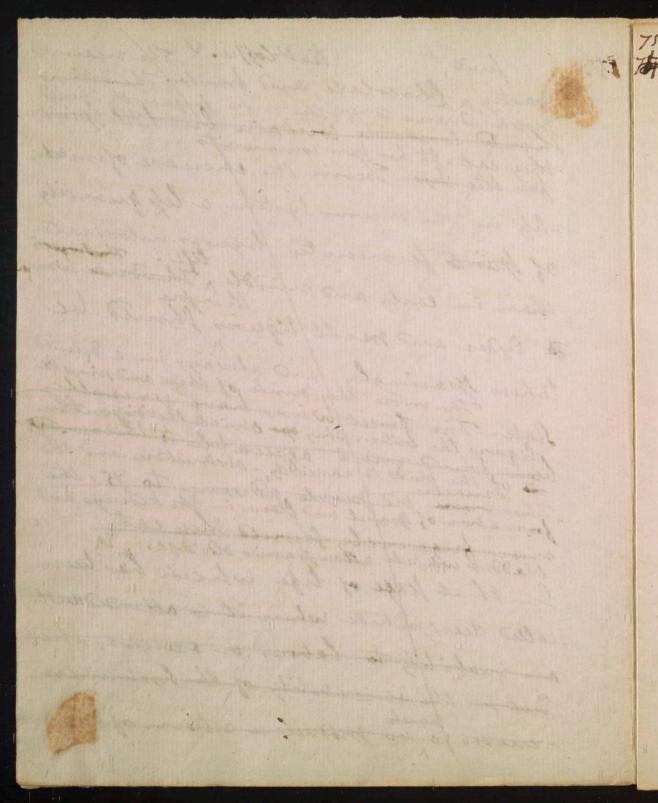


or fall out of their Sachets, on burmsperio the flote of the lady in the first the of UD an inaptitude to exercise, and the disposition to mefer not to labor. It is from this cause that wany purous who haveled active Lives and who become Endypendant in this circumstances, se between 550 60 years of tige, often burnes lose thier hallte and are affected with all the Discusses that arise from a languid airculation of the blood, and a want of tone in the Imocular and Iremoses Lystems. In this Stage of life, a material Change Should be made in the Diet and Drinks. The former thous consist of articles rundined cordial by Condinents, but not very for well billed ment to boiled as to be endered early of mustication, fish,

V The attachment of bld men to evided aliment is illustrated in the command of Isaac to his four Isaac to under the verison "sanvery" and "huch as he lowd" before he brought it to him.

on the fitter bears with difficulty and indulgence of the Diet in this flags of life the Discuses invident to it should of appetite, and the indutyment of it Dimiene. - trove of exercise and labor, the blood cepels burne overcharged with blood and the bystern burnes bubject to all the Diseases of plethora at this time of life. To remove them, - a reduction in the greantity of alianent is submitted to with reluttance, and is borne with Difficulty & eventimes with Danger. by the Systems. The rundy for these Diseases is small & versional bludings. They are safe and useful and do lef vio-- line to the Lysten than any other Inode

Joustry, fruits, Chocolate, ten & loffee. The means 75-1 Hoy ow pupple advance to seventy five, the Oftner they should cat. It has been common to call wine the milk of old age. This is by more than a comment to the sylven the systems, a summer of initability in their hystems, a les quantily of firmentes lignors of all kinds introcreate, than in early and emiddle life. Wines Grow, and malt lignors therefore Thould be taken youringly and abruays in a dibited flate. The more liquids they taken in this date Durich the better within or certain chapse . They are culmilated to Obviate that disposition of the fluids to zan cidity, me Obstraction, and the formation of gravel and flowe in the kidneys & bladder which auouspamis oto age. n In that Itage of life which has been callid Deers pitude



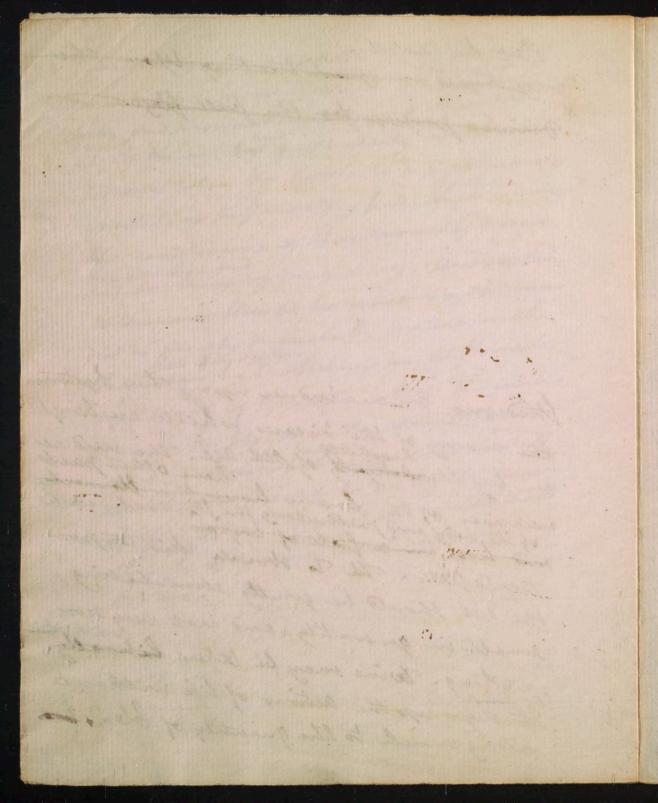
75.2. infinite Constitution. There is now not there is an inability to 100 Cabour or exercise. The Diet in thingthey but not thinking empsply their place of Interes in supporting the actions of life joing nature and calls for not only wordial, but sometimes for the fathest quests, and experience shows that it is eafe and proper to gratify her. Too as the digestion is own rapid, food thould be taken in the intervals between meals, and twhere washingtherely altered altere extreme perior of human life, food Should be taken in the middle of the gright. The darinks in Should be simple, V Thom the greater initability of the female Constitution, Comen require less atiment both and mornishing aliment than men, nearly times land particularly at there Jaccited, or inflamatory flate, that is Duing the continuous of this mouthly discust, mustanation and pregnancy. Ususseption to this met thank be made the abstinions Diet is strongly angaisted by nature in the latter face by the Sichness on at stornach and want of appelite which the induces During the first months after it takes
place. There is book exception to this cule, and that is thould be During the time of giving Such. The Dit and Drinks thould then be of a more cordial and hourishing nature.

and be tasted.

The the tasted.

Vorinte for the first flags.

Studious men induce upon this Systems Ha many of the disenses which are brought on by theintenty of Old age. The undue on by theintenty of Old age. The undue the parts have the thornache in a of they body and particularly the Stormache in a father of they body and particularly the Stormache in a father of they bear their torpor toopid State. The To obviote this torpor The Dat Should be gently etimulating, small in quantity, and not very non-aisling. Wine enay be talen liberation It keeps up the actions of life without adding smuch to the greetity of blood, but

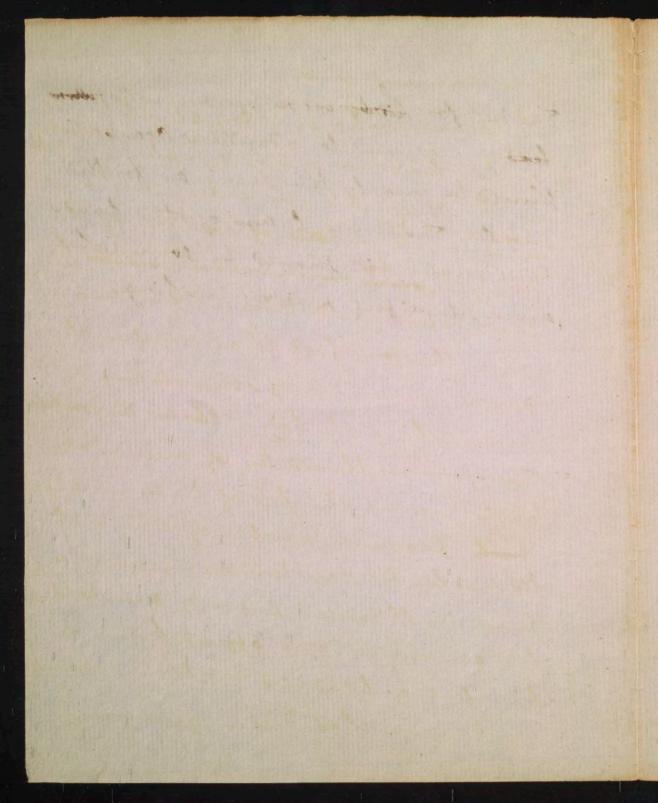


Coffee Should be profund to used liberally by this who to clap of people. The hope It is tile wine youth, as contial voilhouts reavely wine and surely and thing to the amerishment of the body they what is contained in the Lugarde Cream or with which are mised who sport ten years in writing with it. m Poole the butter of a hypopois and annotations upon the bible, his Biogra-letto us and sal down to his trudies - wery mor-- ming, cat a raw egg at y oflach and another at 12, and after yourding the whote afternoon with in his closet, left it in the evening of which he frapped in conviveral Society with have friends. Many of those authors who both both instructed and delighted the world with this writings have lived from newpity upon the same reactly fore fore that this portion of about. and peshaps oned their lives to aleps similar portion of lep nourishing aliment.

offer they has be jumplement to will be breakly. to this minutes chap of people . The figure The source was in the second second second second second The same of the same est or en expense of the last and and the good day the success of the way all the said the commence for the say former for your y of the see and the contraction of the second of the sec we co with the building water and he was for face the state of the first for the

The diet for thetown persons who feller less are deveted to evantary occupations, thruts be marly the same ors for thediens people. Town the labors of this hands being greater, it should be somewhat more plintiful and nomishing.

The same of the sa



The adiments sond Labourers who employ all thereworks of their bodies in active employments & in the open dir, or ander cover, live at a quat the their constant that of expense of their Strength of the profinetion and the by penpiration and Otherwise. They re: : quine therefore food that populses the Donble properties of stimulating and nomishing the body. He are the profits The former thouse be of mile a nature as to Inevent the lop of time in taking fort frequent hypplies of it into the Hornach. & clay babourer upon a jaid to farm in Philadelphia County once today his employer who offered him a breakfast of bread and milh " I cannot work upon that diet - give me

who emerten ale Element of the last have be delice and the bound the original the second for the second the and the second of the second the state of the state of the last in finalist and the winds . "They as - they be from the constitution the Come to programming of some whatevery some expected the second sec the open was thought is such a such a such as to possessed the left of hime for the second second of the second Planting L. E. day la breeze representation and the second second was a mile and the section of the and the property that I will a some work

Something to cut that I can fell all my tomach till Dinner time". The How to found by Superiore Superiore has trought bisa that food slow of digestion, accorded bust with the waste of his thought by labor. This thould be, falted meat, particularly pork (which from its

fat is the theater more nowishing

fat is the theater meat - and fish

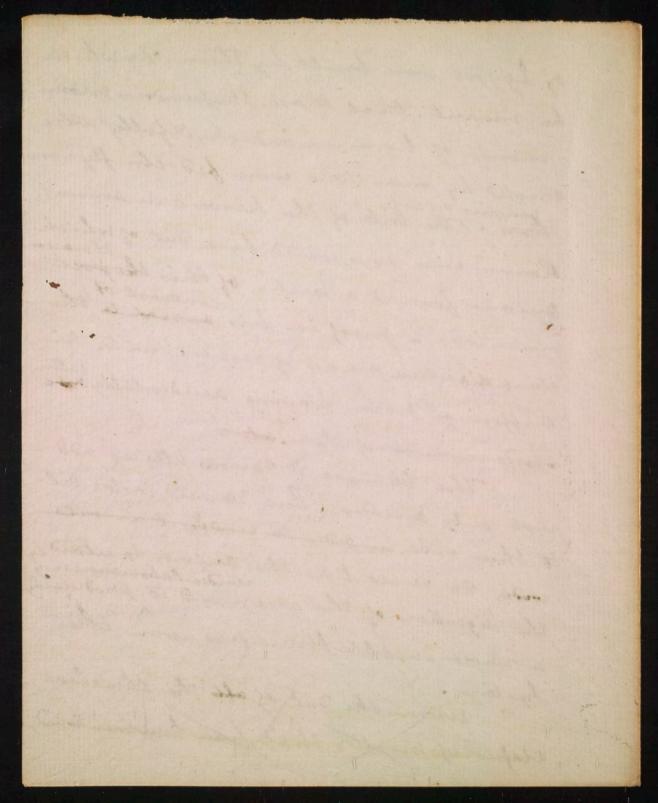
than buf I moked meat - and fish

sausages brillo eggs and business. The last of those articles thous form a part of the every meat of labourers.
The Lews were mables to perform these the severe exactions of their last musters in the hot han of lyypt, by fulling you onions and other Alliaceous roots. In William Temple rays the Pegarnids

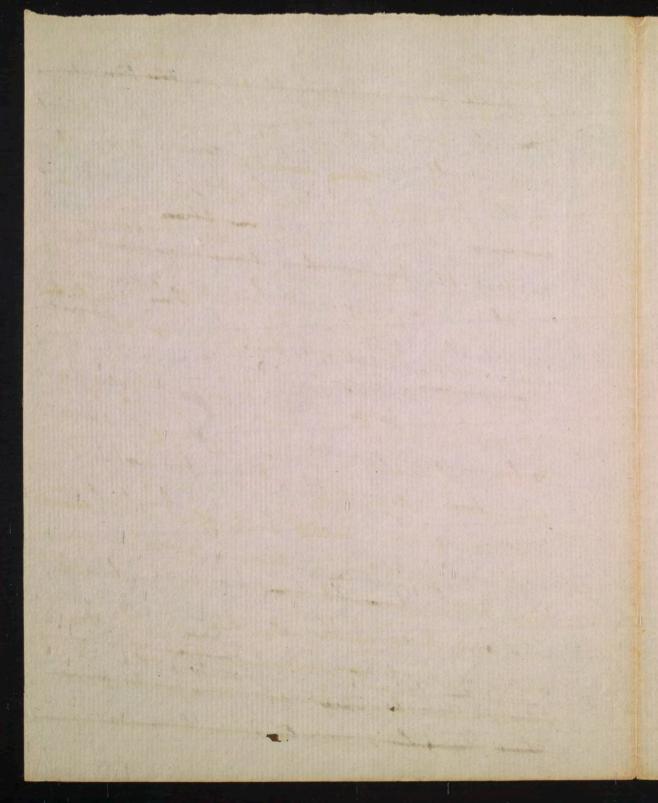
+ 0! chua mepommi illia" V The Russian mas muts voriete hunger by cating half down bread, & The Joish pensants do the same things by entiry half brills potatoes. My produce that effect by their the indiges = - tible grabities.

Allen and the state of the stat

of Egypt were britt by them, by which he meant, that those thependous mone. : ments of human industry of fully were exected by men who were fed chiefly upon their start in amount Rows were exponented by a Diet of Which the post of this the post of this the post of the contrast of the amentions a proof in his appeared to the stong digestive powers of respens, with his arfferings from having accidentally mes aport of them. sto The Chrise Departor tells us add not only arriores, but rancid Caster Vil to this rice in order to surret word. condi It serves like the anions to actard by server labor enousing the digestion of the rice, and to producing a more durable Himulus upon the lipon the Dit of all the three last class of project. It at bour humanismed,



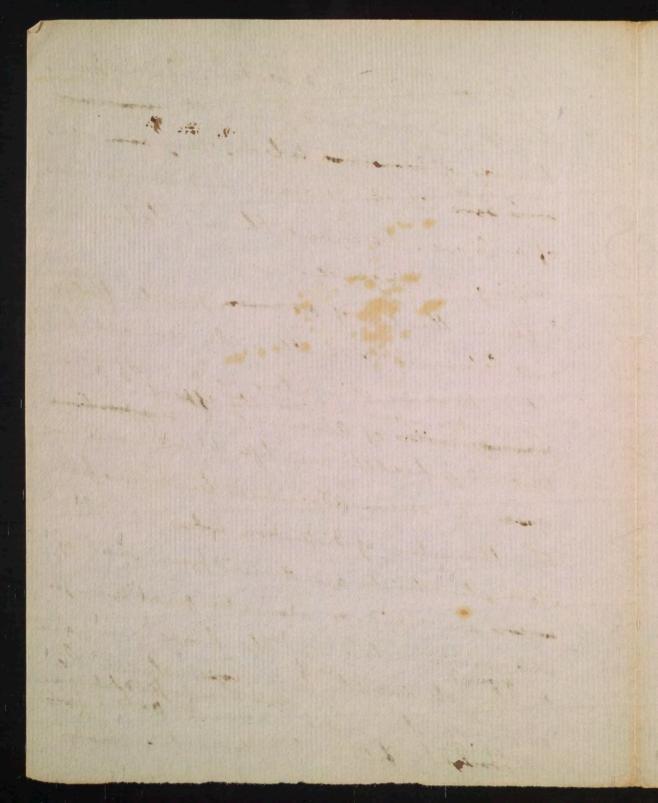
I shall only sound that as the Horachty The The Drinks of la hours thould be simple, and small in quantily, shore expuially in the former part of the day. The Indians as Jospible World they have much in this marches and hunting accursions, antil they stop to eat which is as a mush of after roson. They consider it as a mush of youthful folly inexperience & folly to do Otherwise. It entainly impairs the appetite, and the wealons the body. For Robert Wilson in his aument of the English Ox= - Indition into 28 yest in the year says
there beldies has head from the heat, who only washed their wouths with water without swall owing it hat weather is between I have the find the ftent mporter much man.



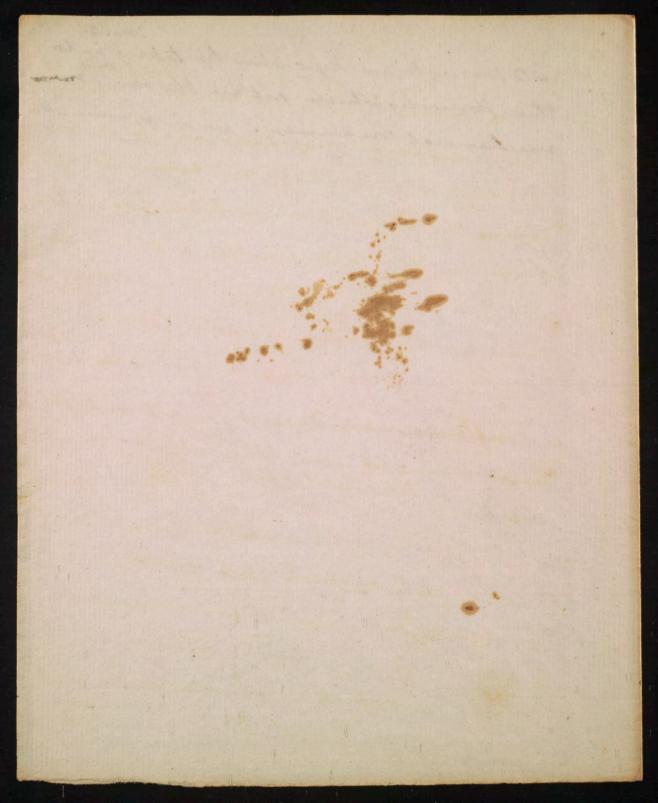
horse which better by cating there Cordial abinent, than by minhing between meals. The Lews made use of bigs for This purpose. They white This fitup for it is evident from wristless buding upon them in ancient green. The arabians Triebuhr litts us always carry Raisons & Onions with them when they travel to cat upon the road, in order to obviate both heat and fatigue. In the United beth heat and fatigue have been found to be · both agreeable and norful when now in the same way. Brownit, is peice of smoked, meat, or the sattle end of a sattle south tongue might be taken by those persons to votour gingerbread is not agreable. The Drinks with whether in the field, or at break, of Subours thruld consist of enventues and water - vinegar Wheater with a little Jugar, - with & water or

and the desired to the second week with the same when we will all a shadow of the same and a sure of the same of the and the second s property to the second And the second s State of the world will be a facility of the state of the market on the suited and offer the property and the second s the as threat of whiteman three B comment of brother production while

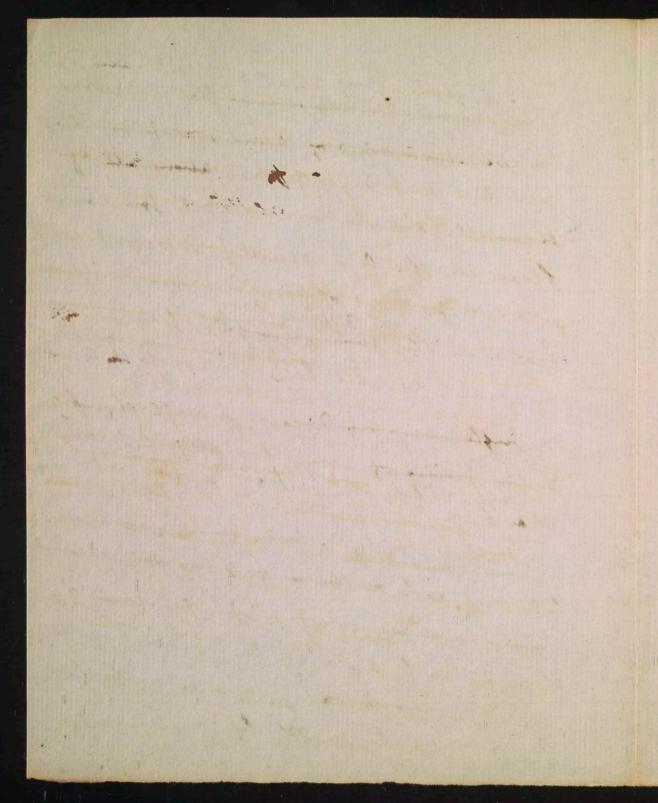
porter or Cyder and Water. Ardent spirits though be proscribed from the invocato haunts of into character and Consequences of a Cruse. without them, labor is a alyson the Diet of Da ross people, thisious, bleping in disquise. and Cahouress, I shall only remark fur. ther, that as thimmher is one of the moresties upon which the effect or many provides of aliensent in many would not preserving health and life depends, would not gran the same advantages be derived from the Unulus of distention whis in the Stormuch which are derived from that of an arrid , or aromatic greatity in food and Condiments. The horse is invigrated by the Cob and the than with which he as the fram with which he eat, with his Indian cours & oats. They are chiefly by filling his flowarh. many



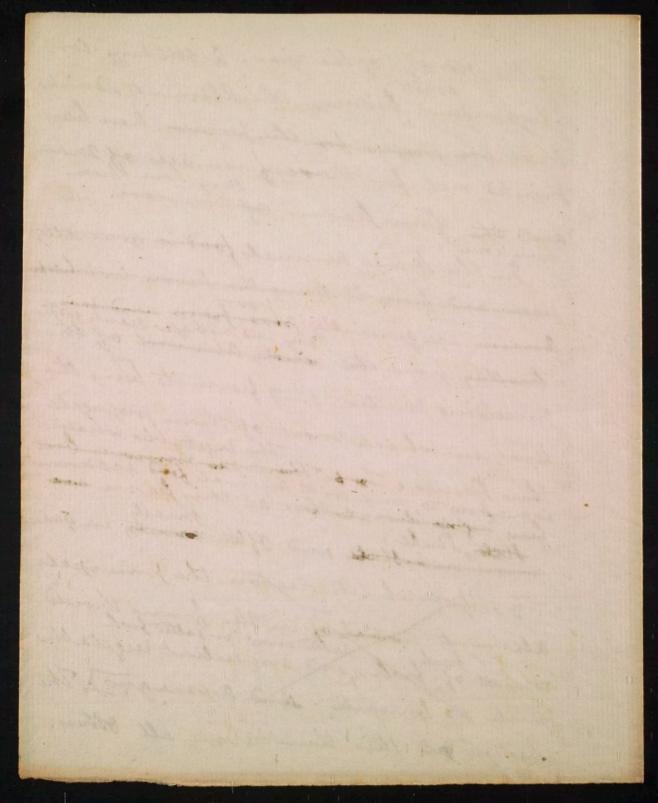
wild arrivals are kyst alive by taking into this Homaeles which act in the same house muhanical manner. su un famin - de



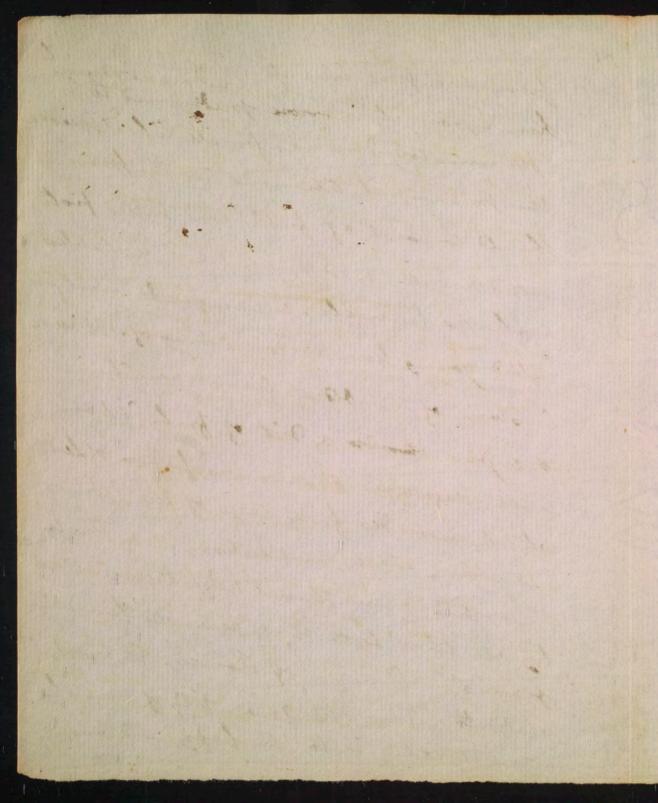
The Pensons in the United States require a pendiar kind of aliments & Drinks. moisture and Trying, and above all of thous, the esha lations which formetimes float in the air under a peurlier and sperific kind of aliments and drinks
more in the form harefring fearours of
when year. It will help to impress the ideas Influenmenting Diseases prevail chrifty the finity active the lover of the most promis - nent flages of life, and the Consespondence between carle of the war and the attiments be Derich that are most proper in each of them the young may be considered as the chitchood, and youth - Summer as the youth, antumer as the middle life, and winter,



as the old age of the year. a striking Core exists between the aliments of minhs that was pressed for the from her here pointed out for those four ages of man, that have there of man, and the four fewsons of this years In the Spring, arrivals food is generally Busine are generally port probates scarty toding - buttey from the remains aliment of the preceding winter, and from its being the this Species. The the animal find are mounter the buffer of the animal find are mounter from the property of t - tity; for which region the principal aliment in the pring thoused aliment bushish consist of fish, and mentent regetables much as sprinach - and asparagues The System at this time above all others,



from the first imprefirms of the Vernal or great your to in: = flemmentony diseases; for all which wasons the principal aliment in the firing Should consist of fresh and falted fish, satted must, and executive buyetables such as Spinnele, as paragers & what are called young fronts (consisting of.) It is a anstorn of the Dast Christian Church to enjoin these a Duit of fish alone with begetables during the fins on of lent, which includes forty days of the Using months. This institution is a truly hise One , and thould have been retained by all those feets that represented themselves from the Church of Rome. It is calm: = lates to reduce the grantity of nowish. = ment taken into the body, and lonse = yountly



to lepen plethora, and the medisposition to inflammatory diseases. It has this effect not only from its being less non : rishing, but from the minimation of appetite which the same food taken for a long time, neuparity creates. blew was to take purying physic in the minister of that to private the disciple of that principle of the minister of the minis = 2 men ded will render them all wholly ren = = newpary for that purpose. In Summer the heat of the him Dis proses to Jewers and bowel complaints by its action upon the lown and finish of the body. Life is now to obviate its diseases thruly be condial to the burnels be condial to the burnels be condial to the burnels be provided to the burnels of the Johnes be butter rendered quetty stimulating by Condiments, Satted enest, for

The effects of heat upon their flesh,
they are included when they are recently
- ford it often renders them it vorfits
exercised, how renders them it vorfits the Course unsuspected Course of Dinorheas, Colies and dysentisy.

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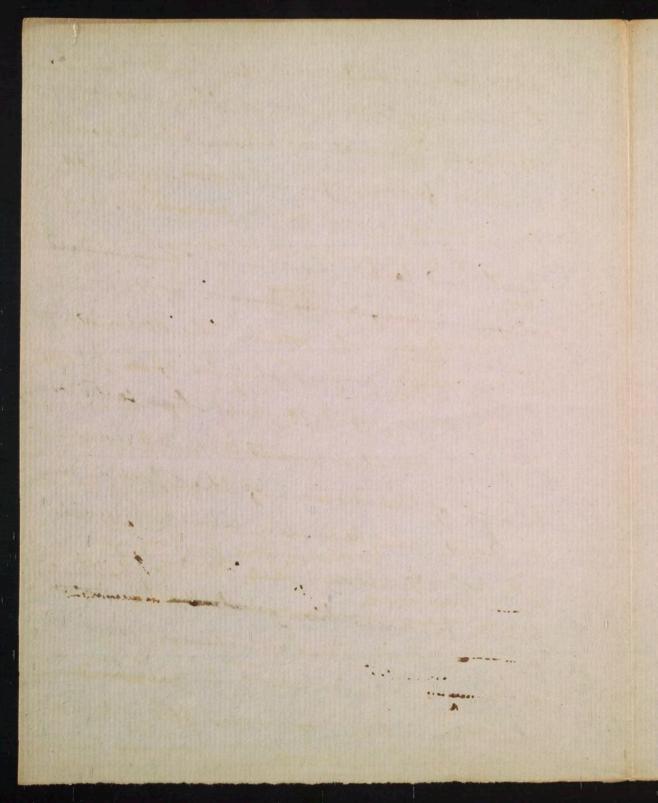
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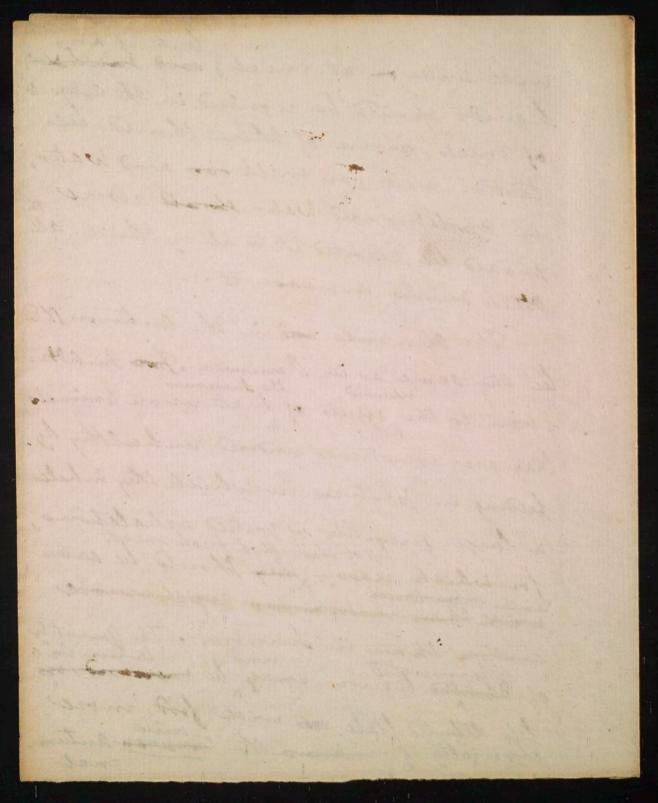
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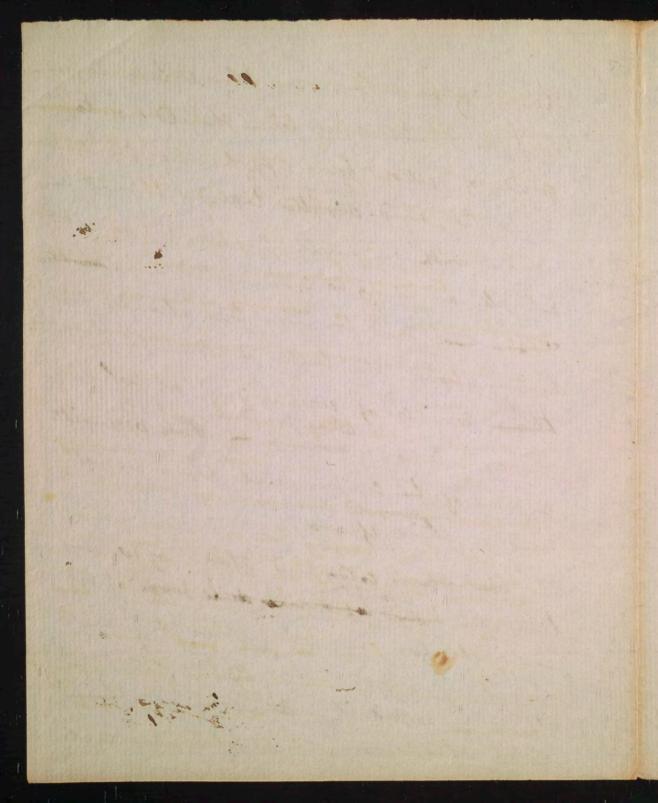
82. salted fish, fulads and all the fruits of the Senson. Thush meat thousand be taken sparingly if at all. It would be a good mastin for our farmers to reverse the times in which they consume their fresh and falter provisions. They would creape many of the disenses of the human by By eating their fresh ment in winter, at which time it might be kept for weeks without falt, and their talted ment in humann, they would findably encape many of the discuss of that Season pur. - timbally the Dysentry which privails more in Country places than tities thinky by habitually up organis Julted must than in other fund parts of The year. The drinks During the formmer Thomas be Cyder- porter and ale diluted



with water on at eneals; and hillists liquide thous he required in the intervals of mules, none of them thould be taster. water, or with our and water, or anologues and water thereto alone the Thomas be assorted it to allow theist. all Other Drinks increase it. -The aliments and in the autumnshow be the same as in Summer . From In adhi:
- time to the effects of heat up on animals, they are sometimes undered unhealthy by feeling in pastures in which they inhale for which reason they thought we extentions with them indentions of distributions may be bounded, less diluted state at with sood, more experially if andrewa the Common autum.



Jenes of our Country thanto be ysidemic. - If the arturnal fever thouse rise to the grade of yellow finer, fush sound thruth be be tasted, and distibled lignors thruth be talen with in frall greantities, or not at all, auxiding to circumstances. Latter There two Me former Diet chivates the Lystern above, the latter of reduces it below the chalations besides of those opposite grades of bis antimulat fever, usually modure this effects. The The shim color and gloren of winter the the Land of the age, call for more generous aliments and drinks than any of the feasons that preceded it. & It is at this time that convinced pleasures are



most safe and agreeable. The Sulvin of huf, the Sparking ale, and the lamper glap of wine when opposed to the delility induced upon the hystem by Cold, and the Inder the your interest health outhodan, life, this to when its they pretalen in moderations. In the winted It is only when its pleasures are enjoyed in exup, that they are hustful. It would be well if a purson tobe were employed to them in at the one of no a Sputator in all large taking ampanies, whole in all large taking that of the momitor of the bound of the momitor of the bound of the should be when he saw any bornan interpresent who who whisper in his can passon eat or from whisper in his can proper for him, to take out to him in the language addressed to the Room work emperes "Remember How art and tabo plate, and death in that bottle!

and the 20 fee daile and marketing of the for the spraintifies all ward the when opposed to the series and the faction of the faction of the factor and the same on his his said and the said of the said of The strains of minder the strains Of in fruity when it plays was enter the they are harryed. The and a series of the first will be the series with the and here experies because which perhaps The " they are had and the first the sail to the sail and the second s There is entire Language sales and the land of the sales of the

The transition is a natural one, from enentining the of box effects of emps in super threather white a life cating and drinking, to take orotice the effects of a porcery of aliment and Desirbs regum bentth and life, was to Isvint out the means of obviating the effects of a penny of aliments advinhs upon health and life, an evil to which The litimus of fine the United flates are Sometimes esposed not only for in Sen Voyages in Common with Other hating, but from hunting, and harelling in new and honsettled Countries. I trying a belt tight round the belly. The Indiana use this angainst hunger The Copps belt you by the Copts in Egypt on a part of trep, mobably serves the

1. V Drinking Water, on exposing the body to the external air at wight so as to inslike the dur when water cannot be Obtained Redi Journ by many expe. - riments that animals that Drunk water hir id much longer under egnal assemblances that those that did not. Exposing the body to the estimal air nt eight to as to enable it to inhibe the bestern, where water cannot be had, has been found to preserve and prolong life when there has been a total want of food.

The means for this purpose while have hun merested by anient, on aresoning, and the partitioned by experience are V Isantimberly the powder of aliened Oyster Shells. They art by thentwee the acid whiled by in the Hornach from its diseased flate artion induced in it by bunger. Landres 3 Law Just, some espirally that which is red tadas Obtained from the hivery, the Cedar, mable trus. De Inanhlin was one threatend with rim by a It man of great influence in Philas? in one of his vers papers. The Doctor invited & four of his friends to Dine with him the next day. His Dinner consisted of evene weak melton broth, and a judding. After Friener he ashed his Grusto how they liked his pudding?

Va brother of the Doctor, who was a few captain begins them upon nothing but the fine thinks of casan to mistain in water, & aflowages sprintled with fill flower. Lawrence. Mr Turks also lepin the pain and fatigues of hinger, as well as fatigue of body hys male doses taken in Surupion of this embrine. . * The Rufian personts obvicts hunger by cating half baked break, and the Isioh pin--sants do the Same thing by esting half

brika potatoes

Hay all said very well. He then toto them it was prepared from Sans

for Spoonful of flower,

Dust with a family former he had given

the whole driver he had given

thene had cost hing but sixpense and that

there had cost hing but sixpense and that

there had cost them but his reas on for giving

to determin a Then the ker he was in that was animales.

The prestion, and that was for the greather has a finite for the formation of the greather and he had a finite for the formation of the greather and he had a finite for the formation of the formation of the formation of the first formation of the first formation of the formation of the first formatio has offended had thesetred to minhim, and that he was noted whether thrys thought it were propile to the min a man that Could not valy Dine hourself, but entertain his friends appear for the triffing from he had mentioned. of The use of Tobacco. It as This weed so rough or hutful when habitually used, has in many instances obsinated the

V remedies for hunger will be admitted
by resolveting that hurinal life is help:

- posted by pubstances taken into the

- posted by pubstances taken into the

thomash which act only by this

thomash which act only by this

- taining a facilitate particle of promissh

- ing matter in them.

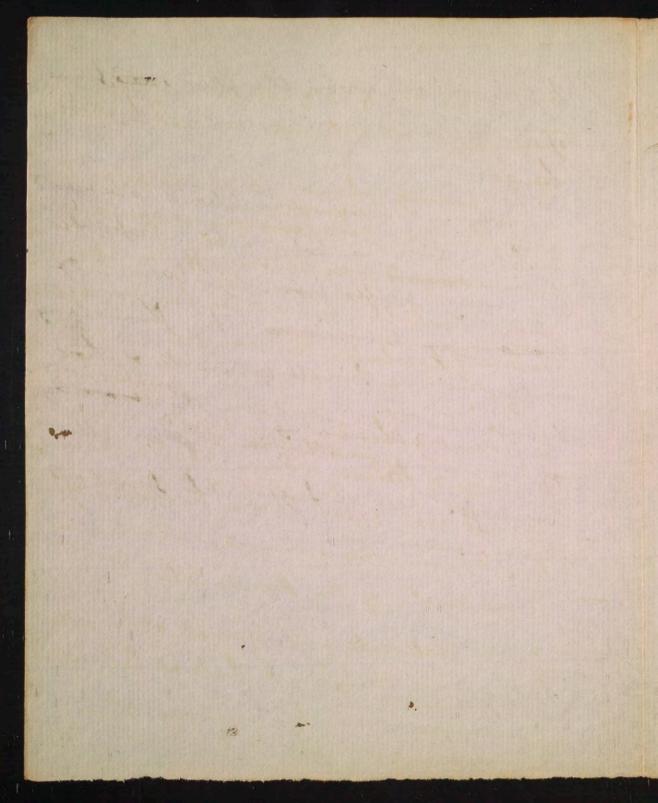
Allen De la contra del la contra del la contra del la contra de la contra del la contra de la contra de la contra del la contra de la contra de la contra de la contra del la co

All times rectained and and the

pain and danger of hunger. It acts by creating a Discharge of lativay into the flomach, between the formation of bronger lunger. The work efficiency of the two last The matter discharged in Sweets. They contains postion of difford fact fat, and of course a man small quantity of muish. = sing malter. Imptollowell and several of his fellow hefters in the black hole of Calcutta light above by futing upon this own, and each other Discharges from the Skin. by the hell of certain and or pungent Substances. There is an amount of in the german Exphensives of a woman who was kept above rine Days by Constantly Imelling the Oil of arriber. 17. Balking the body in fath or frigh . Water. It topins the poins of hunger

Type Tying a bett wound the felly. The Intians use this rundy against hunger, The belt now by the Copts in Egypt as a part of drefs probably serves the same purpose. sewes the saver Commence the second sec for here for the form in the least of the Columns where hips alive by faring the the own endered the Discharge from of so have been of entained and or bringing And the same of th I was held a die " was day's les pourte of The leading and the first on fund. Little To the way the way to the world

86. by its action upon the fkin, reto Some of the trates is probably inhaled by the When Joessons are about to be exposed to Situations in which it is populle they may suffer from the want of swotomany provisions, they thous carry with them a huall grantity of these with the grantity hubstoness that contain the generality of wordstay and triumlating in the brallest of worishing matter, in the brallest Compap. These are Ingar, Oil, Spirit and Lignid Lows unem.

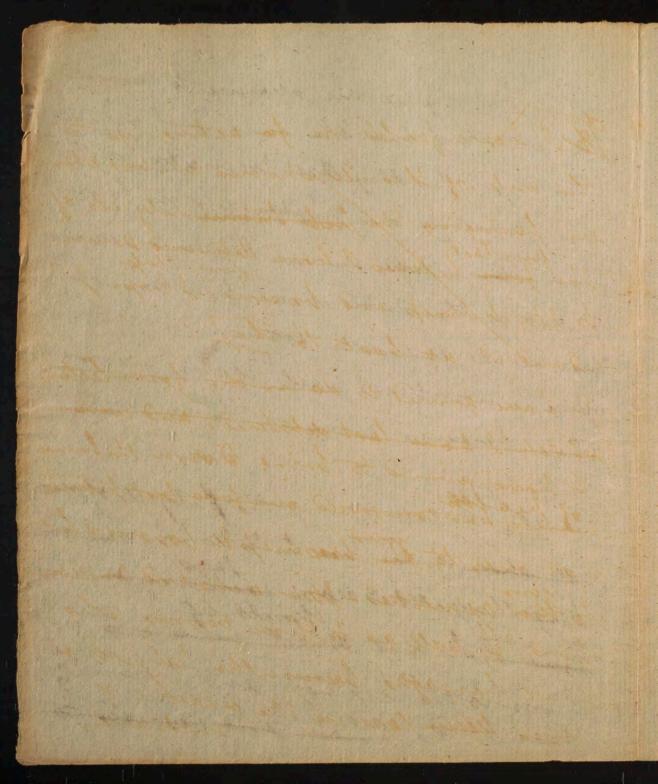


Jacobs, and Other liquids cannot be blaims. and thinst in maris and the pole who Burni suapa was tahu off the Rose in bloom which overset in her propage from Tharleston to Denvyork in System 2 Chening lead this excites a copions Discharge of Habiva which abates thirst, - It had that effect upon two other of the genllowen who envised the melancholy Entas boopshe of the Rose in Bloom. 3 mm Wollowell and several of his fellow Sufferens in the black hole at Calentta in the Englandies, were kept alive by suching this own and each other's himmen wetter

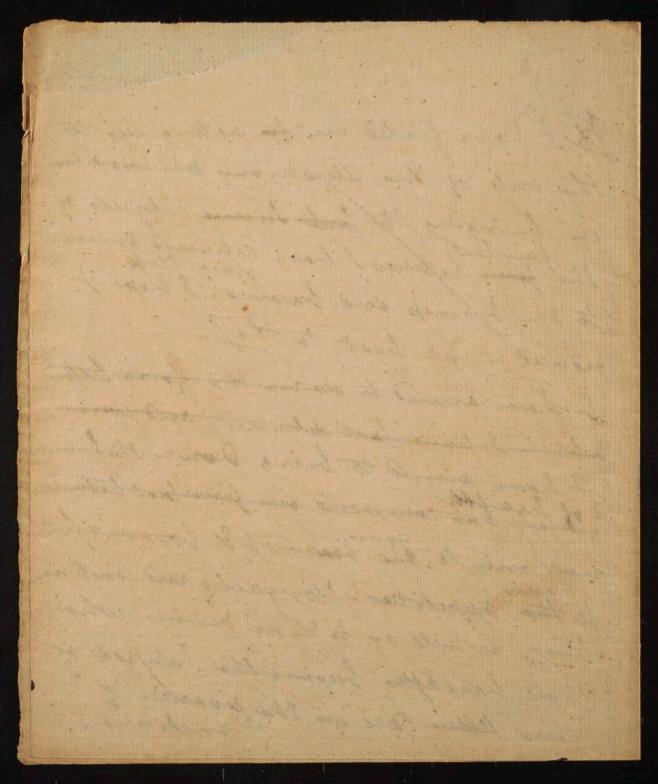
simple Her apolitical him property The state of the s The had this enforce wearer from white of the and the second The last light of the fine in the law is I am explained his finished of his fellow the places had no Calendary to suching this

It would give me pleasure to proceed in pointing out the warms of preserving brutth as far they are commented, with the floreture and materials of our houses, with air - Dup, eneries & the greenploy-= ment of the inbettutual foundties, but Thise would enerough too much upon ofthe onne important parts of our lousse. J Shall honever glance at them in our pathology. Los I shall dismip the fuly uts of our attendon form last between , by esman. = king that Lord Baron trouments that

him all frience prost wasiling brot Down to the business and bosoms of mankind. I have endenoused to



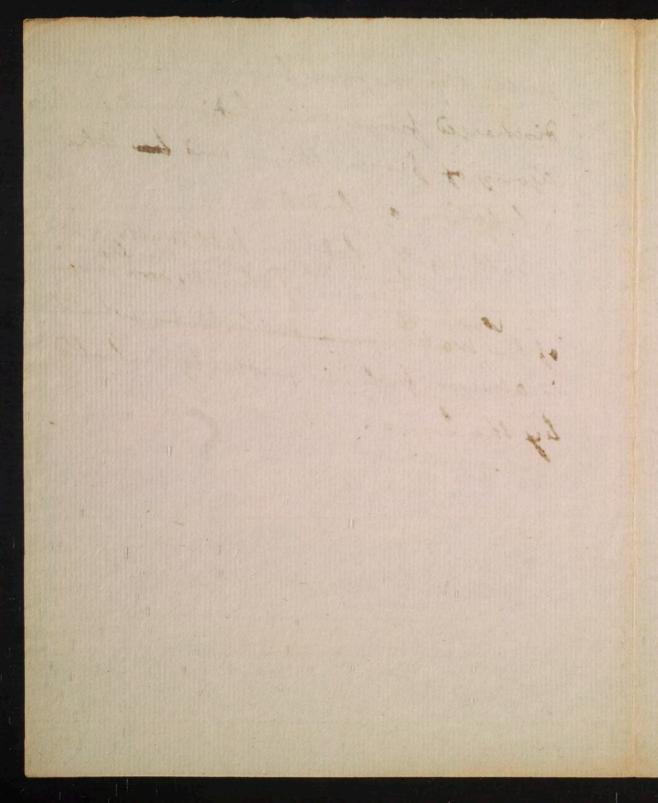
Is I Dave failed in for meting up to the ende of this illesotrious philosopher to the befores and browns, I hope I end west it at hust to that I have aimed to do in the from betting which I have best debivered, and were I have aimed to bring Down the Sienes of heafth composed our fores but letteres not only to the brancinep & bosoms, but to the appetities - Homacho and brustitus -trous, on well as to those persons who Thall harrafter browne the July sets of your letter Care in the pareties of

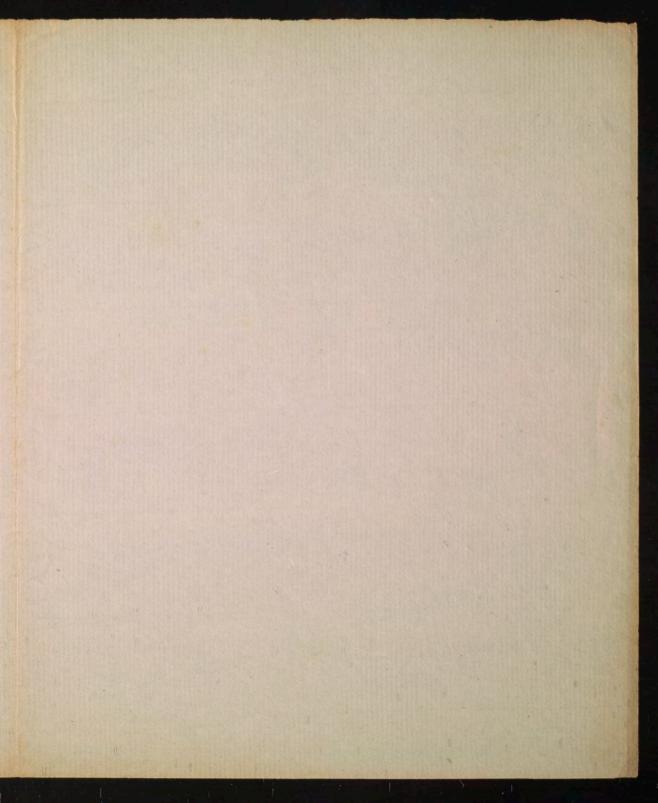


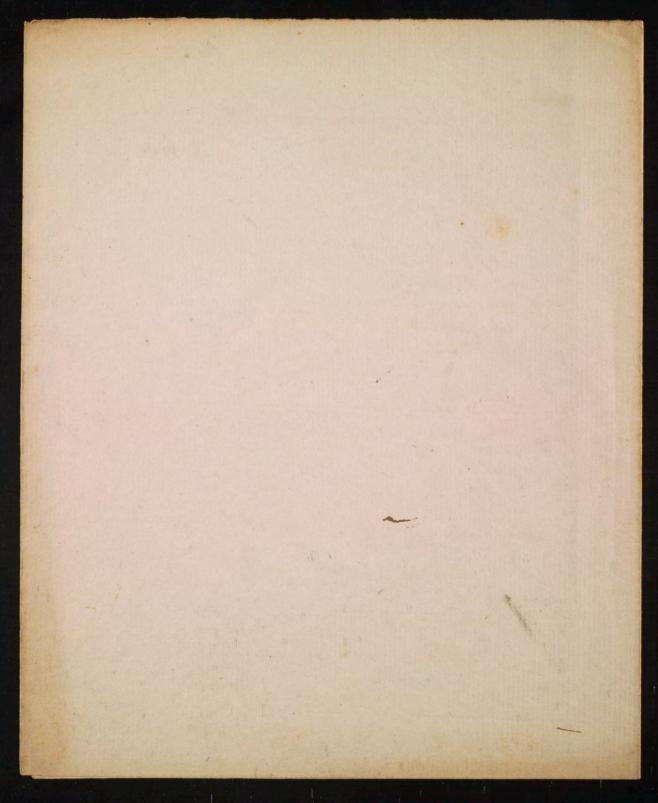
with the propose heats which were discharged from their bothis under this agony, of from thist and be the inhabation of bad air. 4 Bathing the holy in last water It.

Upons the pains of thist pains to be which

of the water issue people State which is always fush) is probably inhalid not absorbed by pores. Skin by the lungs. a last of mail .



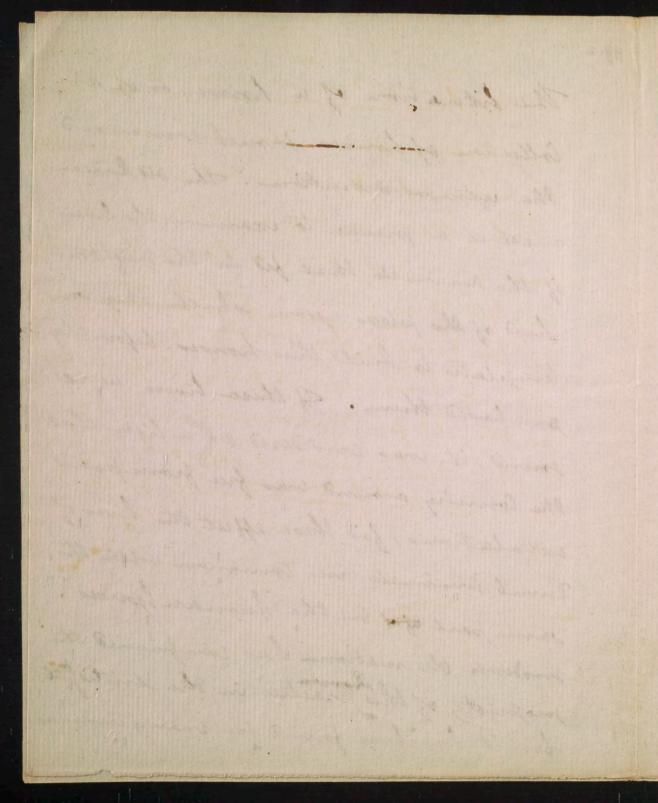




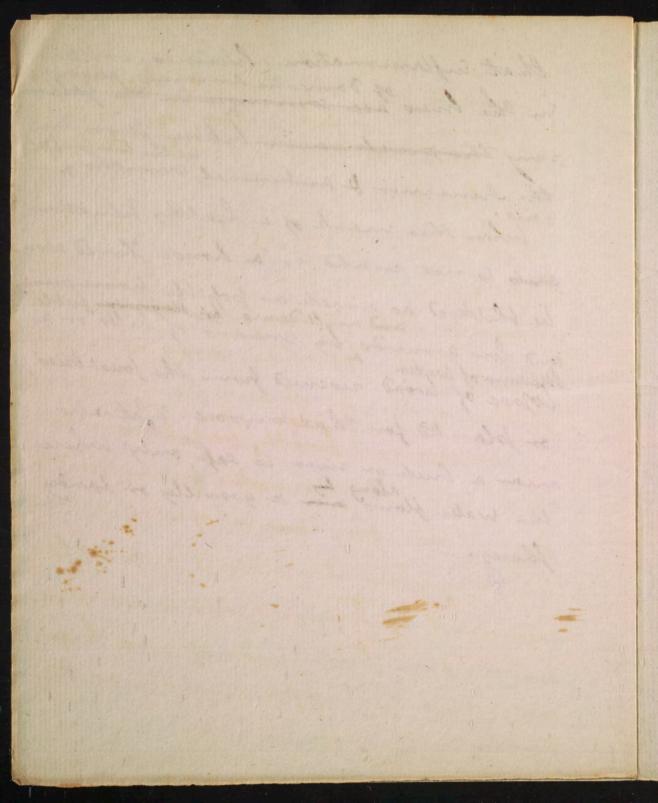
88-1 The means which are intended tops To protect to from the injuries of horses have been the habitations of a similar in all apost our ties. But to o ander them enhancient for the pur : sous for which they were intended, that is the preservation of health whife, it will be proper to make a few and their form, this so as former an agreeable also as upon upon and of keeping the me and of keeping them from them clean , and of defending them from There andents to which they are exposed, and which endanger health dlife.

0 1 1 1 0 V bouth front 1/3 lip fuel. AND THE PARTY OF T

The literation of a house, or of a Collection of houses, thould command the uturest attention. The Old Romans mude it a practice to examin the livers of the Aminals that fed in the enighbour. " -howd of the plans upon which they con: - lengelated to brill this houses, before they purchased them. If this hours were sound, it was considered as a figur that The Courtry mound was free from putid exhalations, for these affect the liver of Dune animals in Common with the same part of in the human species. wooden observations has confirmed the mognists of this marties in the United the for it has been formed in many instrues



that inflammation, Schimes, or lless aurungs in the hiero are tomorrow in the falling the bruner & Automal months & - cies when this mank of a healthy lituation facts is not resorted to, a house though always be thettered as much as popille from mushy, and low grounds by means of hills or a streams of water from reserved from the fourt trees, or planted for that purpose. a fituation war a buch or siver is last, only where the water flows, and a gravelly on landy fhore . -



It was is are smally britt of logs amently cut from the loods - her logs with the back hered off them - boards - threes and brick .. I Lay houses built of logs with the bush upon them wais ducky from the anvisture that is Confined between the back and the log. This dream or pretien - faction of the brown is aurunpanied with an unphasant finalle, and pregnently all. The Vapor with from which forms this odor has is of an unwhat: regiment of holdiers sichly that were confined in Luts made of meno longs the sured year after thoug were erected, in the year 1792 upon the

Some of loop come Seed due 3 of Frame - lovedo - Morre the state of logs with the sta back arrows them to an street from annature that is but find historia dente sand who log . The dudy in familie Maring the Court of the second marrie descent a whole andres 18 persons was experience of the dies sidely charge wine Granfained had hard made of mine the second year after they long each

They should now therefore be avoided as 89. the Labilations of even. 2 There of bross are more lafe, - from the in the escape of prosistive from them in Consequence of the back being taken from them. 3 Thoreses and brilt of boards thoursupply in Teasaned are generally healthy Little Iting continue to be found when the hoards duay, they writ an exhalation which has been known to produce restriking and intermitting fovers. This duny may be presented for many years ley being painted, provided it he done this be attended to, the painting, by

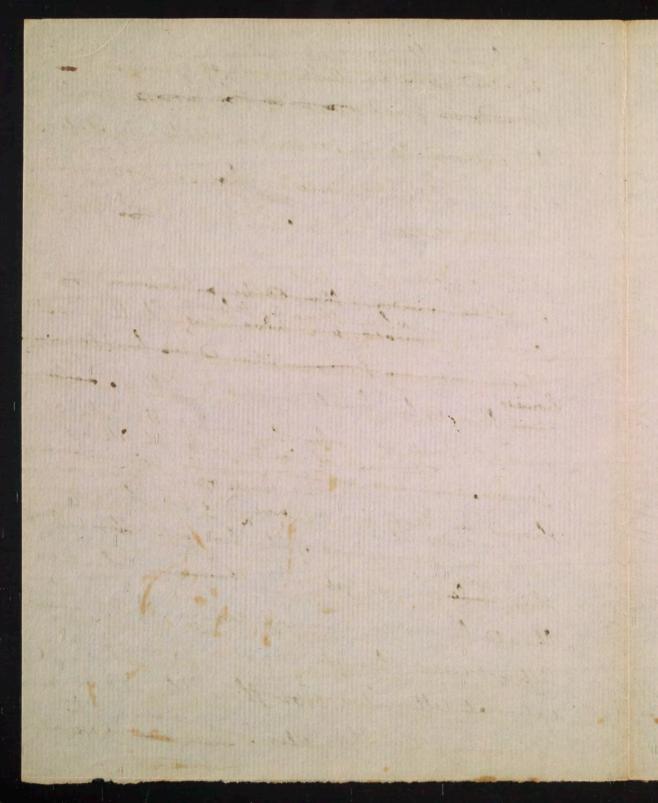
Ve They are rendered warmer in Summer & warmer in winter by filling the Space between the wiside and outside boards with family or Sand. - This before Deshoyed by water waking - how

M This is the Case in a more especial manmer with Stone for some time after it is taken out of the ground, for the negetable and mineral mallers which ashere to it undergo buch Changes from the action of air upon them as to writ an unhealthy Vapor. This Some of discuse was so univer-= sally amitted in ancient Rome that a house was never inhabited by her wealthy Citizens Until after it had been briltone A It is endlanding by some places to

Confining the moisture within the boards, accelerates their dreamy. I mastly and brick conspone the correct durable houses, to whom they are Dryer before, than after they are polastered from the her their absorbing The Envisture that settles upon them. But they are not the more healthy upon this amount, for for matters capable of protespation lodge in this interstices, and thus infut the air of
the Louse. It is by preventing the
probably, that plans the and white wash,
ing from in all Countries to prevent
ing protecting in all Countries to prevent
ing protecting in Louses Leatthy from those
plines are and from the from those
ing protecting in Louses Leatthy from those
plines of the plans of the property from the property of the pro forms which are generated by domestic tanson filth.

down to see when the other decays. of Grand Server and Strate many grane The work borner , would will all are dayen before the own legling therey the formation there seek do you me there Fort then are much the among handless when the and somet frames has made " for the of history pulsion lobest in their Have the feet the he the place also the and before I the wat show fire The America humanishin franch ist 18-10

a house thouse always when it is marticable, but pland upon an divated prine and ground. The 90 be exposed to the bouth in the United Stales.
This position undered a house cooler and ham chetter in winter from the any Inthe windows there is plenty of wine arise houses though be built without Cellers. generate four dir besich from a Variety of as the alliers the would contents of the alliers formed for the purpose, though the purpose, with a fave dug for the purpose, with the external air of the house. How where in the neighbourshood of the house. Here where this suffe is not followed, the land there there is not followed, the land there Chould be no Communication with any aller except through the midium of an external Celler door, or there should be a Chrimmey in the Celler. The Commentage of



a throng and to constant remenal of the Die by means of a Chrimmy, provisions are less aget to burne mouldy than where this is not the Case, and the aller is rendered a lys branch cause of Disease. In cities this practice should be universal.

Large Rooms are wolling in browners than small ones. Wigh Romas The Dame of It Pauls Church in Lundon is a the mercury is always & dignes lower in handot butter than in any of the common dwelling houses in Landon. In the Bank of Pennsylvania it Descends Degrees in the same fearons, below any its flaw and in every other part of the city of Philaduphia. The windows of a house thould open in a direction of posite to each Other. They will be cooler in hammer de warmer in winter, when they descend to the level of the

V grand floor have been found to be more healthy than those of wood. They att by absorbing filth and heat. The forms cours arative healthings of the Chinese, in this counded lities, and of the Indians in their filthy wigher amo, depounds in part upon this enting - sluping - and hing upon ground floors. Count Parte first suggested the queto their of growing flows about avoiden floors for military brospitals. They were adopted with great hurces by the american Army During the revolutionary war. They war be used in Kitchens in warm weather, at which time they are calculated to be most useful.

floor. They should be more to rise and there are house, com. 91 00 - patible with a sufficiently of light, the letter. They have me thereby windered Carle in humanes thereby lepried in Durmer, and its Collings in Winter. Lo privert discous, after a house is finished it should not be inhabited too soon after it is after a house is occupied discord discores Tometimes originate from the following unsus: = perted Somes. I the pretripation of brood put up for fruel in a green state in a Celler. an instance of a amount remitting fruen occurred animally from this Cause in Philadelphia enany years ago Its for finel, about and as som of the

V The water road by a family is tome in impregnated impregnated impregnated to how holsome from lity from a naturally or anidentally inspregnation with some mineral Substances. a large family suffered for for many years in horaster the late 22 wall tits es from paralyti de branch Com = Islaints. after the doubt of eight of them it was discovered that then Lichnep and mortality arose from minking water from a pump in which the bucket was played in a leaden by linder, which was extended marks that the water had acted upon it . In also from Dulrell 15 puth on water. 4 dir which has long been confined in as now house. The Its burtful effects may be presented by opening and air sing it before it is affer occupied. Litersho are often the same

cause of the fiver was pointed out to finish of the Jamely. 2 Hayarting water from rain or other bures Stagnating in a Celler. Meany families have sichned, and forme of its members diedfrom this cause. It may be obvious when it arises from rain by or from but tersamones Springs by above the floor of the aller, by contting a Canal round the house, and covering it with boards and earth, on the building an arch over it. If it arise from a young in the aller it was be second by Dysing a well in it. The hater will from but if not abundant, will which it is in offensives it may be made so by covering it with boards, on outing an auch of brick or flore over it.

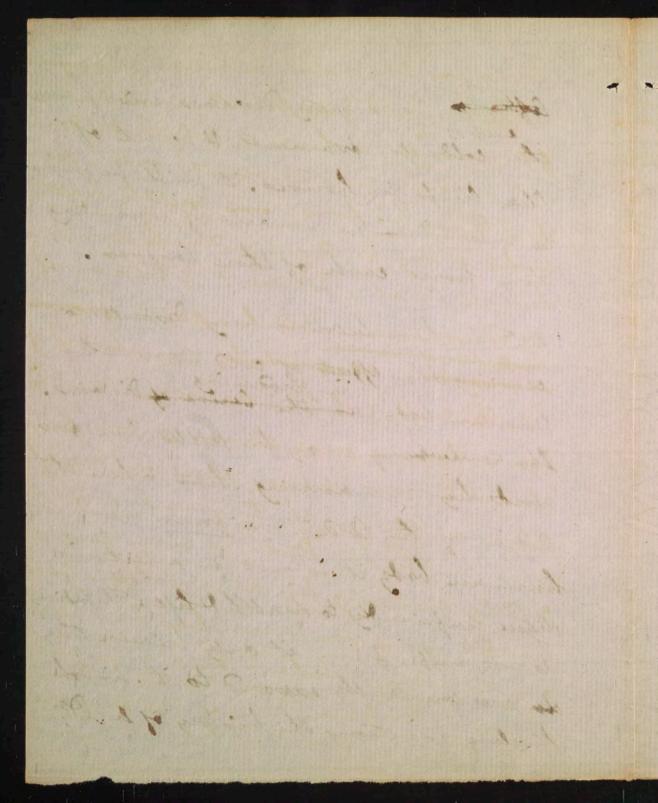
precantion thould be used many Laterday with Churches that bank the day before they are appropriated to public looship is privally in warm weather. to send on bushess

the hilling and his men to the same

and the same

Some for the second sec

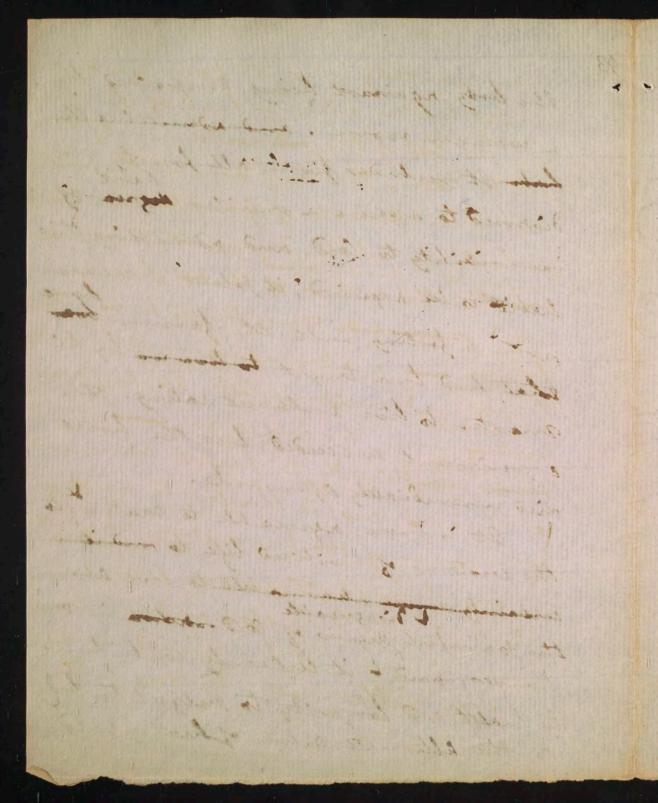
92 the coldress, warmth & want of Charlines in houses, it will be proper to mentions the means of muenting Them from each of those Courses. I There have been many disputes con-- cerning the effects of cold upon the human buty cost the Carise of diseases. The Contractory may be lettled in a fun honds by remarking that where the action of the Cold is uniform upon the human body it is not in a certain degree unfriendly to health &life. The Intians do not enfor from it only lucause they do are constantly exposed to it his John Linclair mentions the history of the Dr.



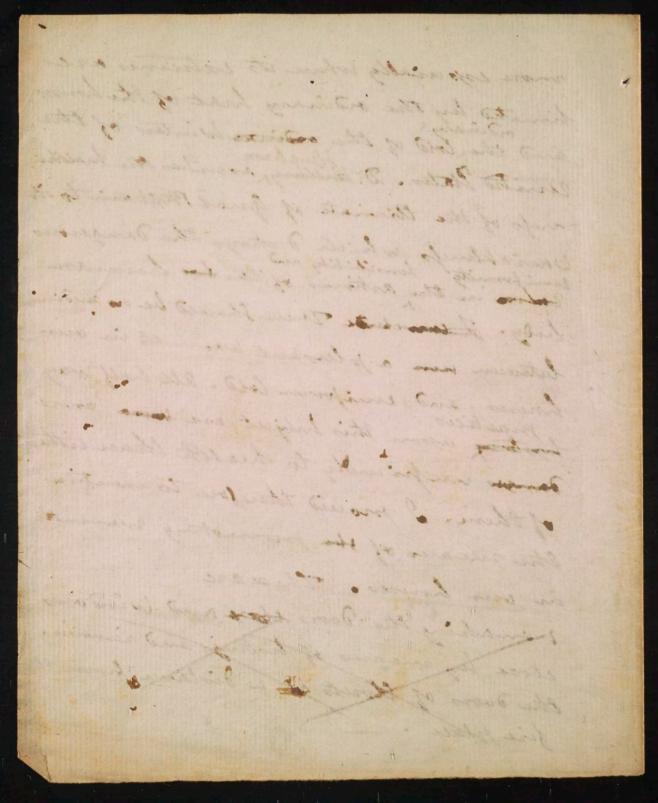
Lyne un Johnsiein in heland who orjuga uninterrupted good halth until he was \$5 years in a house in which the doors and windows were constantly open. He willy, unlife a dry could get under the door, de a bird get in at a window? a litisen of who, who who when the lis greats of the complained of the autores of his driving room, that I gave him a great advantage our his fellow litizus, for as there was no dif= - former between the timperature of his armen caught Cold by changing his atmosphere. good health upon the terms that have been eventioned is purchased at a high and precarious price. It requires propertual vigilance and constant this to grand

with the same and the said house desirthe a distribution of order as 2 . 2. his out in ast a her had " have too his does a soften short while her the Bodonfe of his Driving movement the west come him a qual advantage our has filling tillians for he then were no ? frame to fee on the topsee has offer and the first have Cold by demining his above of her good Leader spine the temper that have been gindight and from the major to Completion a March Shink , water but minimal for Life & Selection

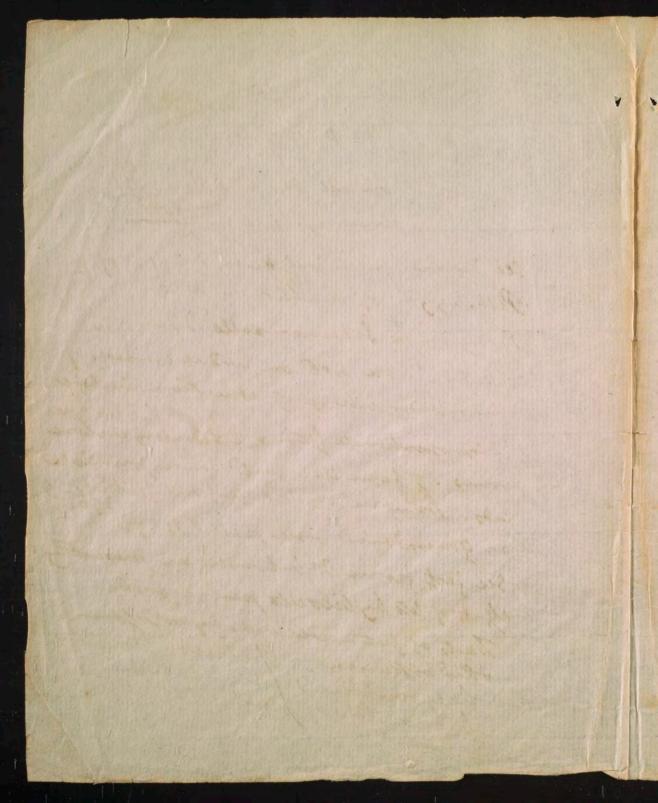
93 The body against being empained by a warn room, and writting the Late It suchos from all forsity not habit Disposed to arguine a similar degree of insursibility to Cold, and admitting this Labit to be agained, it Islans a man upon a facting with the farmer, but that had been taught to live by his master to live willout eating. The experiment enecuded, but the horse It is more agreeable to return, to died insendiately afterwards. the constorus of civilino life, to me it is the painful digress of Cold retidence in our houses, and 6 it certainly contributes to health and longevity to entriet the body to the alternate action of treat deale,

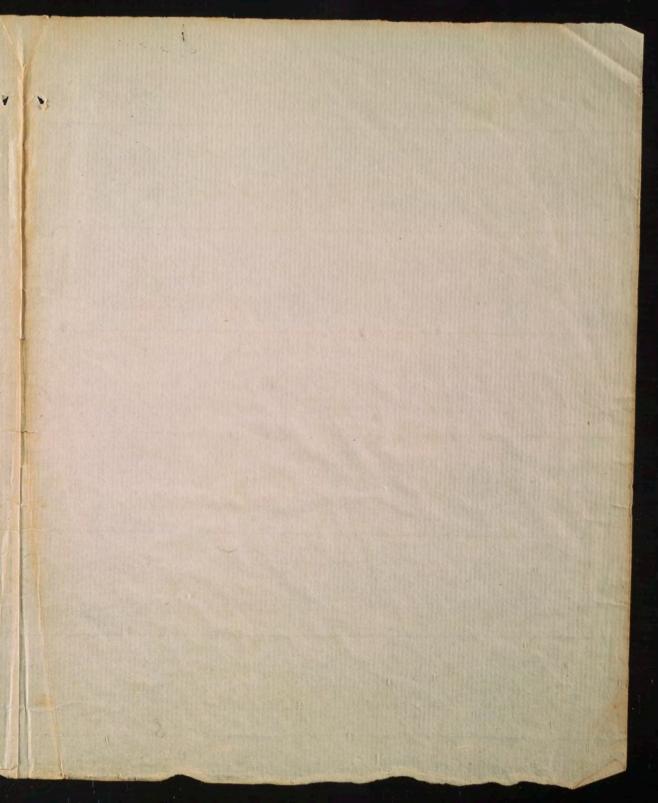


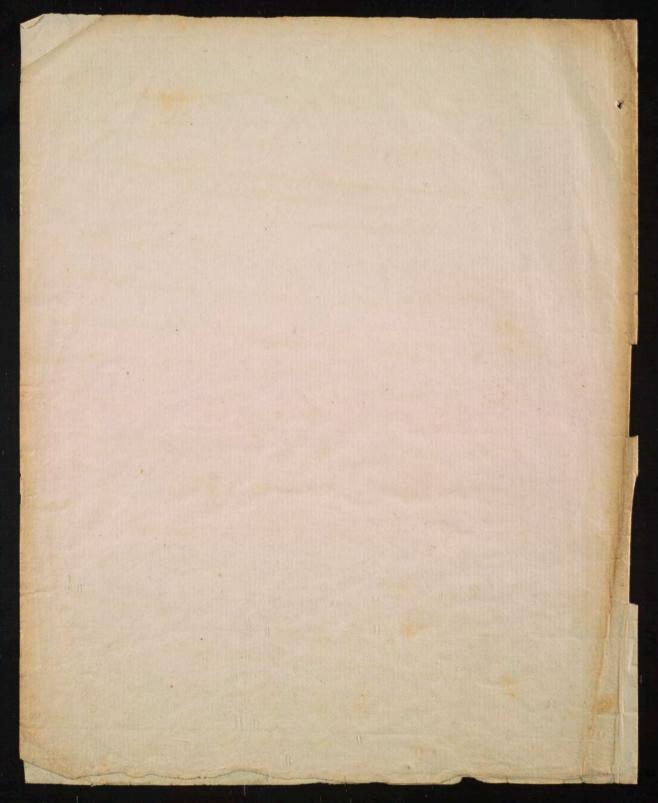
more espourally when its lateunes are himited by the ordinary heat of the houses, and the low of the Dines winters of the suffice. It Hilling, as wither the healthing. - nep of the Chimate of Great Britain to its Dariakhness which Destroys the Dangerous uniformity survivily and the herman body. There There Though be no midirum between a pleasant warenth in our houses and emission lold. all half way mare tiers upour this belight, are were more mes unfriendly to health than lither of them. I mound therefore to mention The means of the promoting warmth in our houses. These are I making the Doors these and windows close to means of histing and resoning fire place. fire place.



on warm doto Bath Lee \$ 215 of Comishing book on all the prodispositions mum up all in the See discous from diet the in no 4.5. of Walks logy - of Cloutted in 206. Bring in in Salsmansalls Discuser of consistion! tee 406 on under exercises of mind. under discuse of Amention include 1 Dispressontionate Strices 2 desintary deline wows . 3 from Vier unt? sume privis as beds Bring in on old age from path 3 96. 9 on governing - see to atthe 20% See jack from De Inthush on preventing efforts of was by Oiles ato parts sports Tracts of feet in cold water by modelforon. the morphism of fiscation.







1. By means of fires. They thou these are either open, or confined inflores. fires placed in Chimneys contracted in the manner directed by Court Rumford throw out a great deal of heat . man meson the heat is enerces a by suffering the Ashes to accumulate in the fire place to much a Deque as to Inwent the word coming in Contact with it . In a voum this Reasons, the venerable Dr Transhir paper the Tast winters of his life in Philadelphia. The heat is diffused more extensively through a room , and is some when the town finel is placed in an open story buch as hear the crames of this imentors

V They are particularly useful in all large rooms in which entertainments from the Cold at the first a table were. - Distante from the on your fin place, are often very auto, and In order to blain this pretest benefit from close the little commenis bud charactures of a house in John land, which is amount in the land for by this and the cold, and t Bed rooms are maroned in this enumer in Canada, and in several of the wither Countries of Gresope. They have been forend to be purliarly agreeable to ord people, and are calculated to prevent thoughing the hight to which they are exposed - sed in Estremely cold weather.

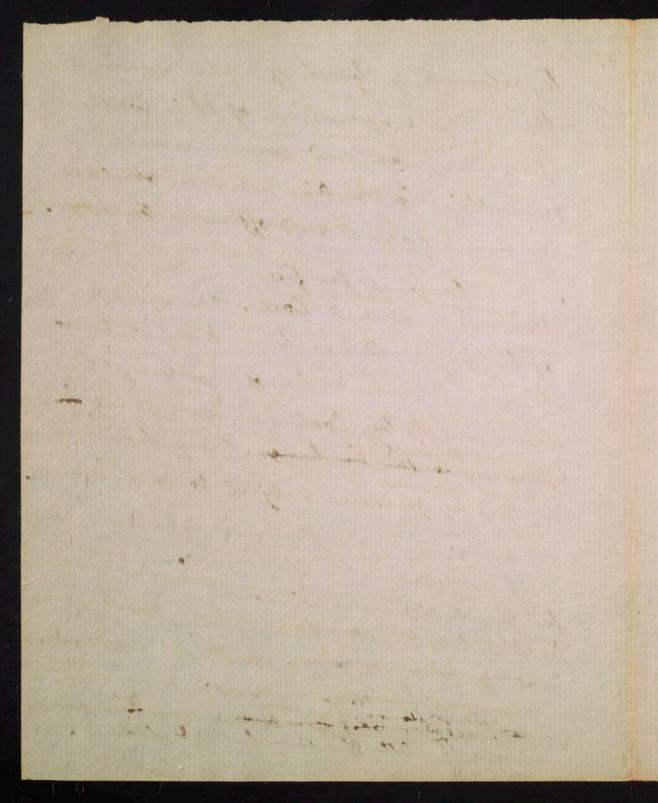
Tranklin und Rittenhouse.

Close Stones have many advantages over open fires. They diffuse the heat more equally, and by which means it is applied to many part of the body. They sauce a great deal of labor in and troping withing and humbing loved, Deal of expense in lities in puchesing it. They save time to all that time to don = mestic industry which is lost in waitig Sill a come is feed enpplying an oppen fire with wood, and in or harring every hour or two from a runote part of a room to warm the of hands and but. It is to be regretted that the heat the opacions flower Disaprente to an any people produces had ach, languar, and have listenes in many people. They all been prevented in many instances

I he deriving warmeth whether from any of up in fire, or a stone great thousand he taken to arvid constantly busying the same field of the livery to it. It will has one side by the livery to it. It will has one side his this means humans amoustimulated side hy this means humans amoustimulated than the other, and a formation is thus than the other, and a formation is thus laid. For several diseases.

In The under part of the floors of those soons which are immediately above the Celler, thouto he lathed and plastered; the Celler, thouto he lathed and plastered; would look so the warmth of those worms considerably energed. It will is thereby wary marche energed. It will be emerced this wore by filling the lee emerced this wore by filling the space between the floor and the talking the space between the floor and the talking with the minds, askes or sand.

by polaring a bowl of water upon the Store. The evaporation of this waterten = pen the heat, and communicates something to the air which obviates its unschasant and offens in qualities. 2 The fruit for fires in the United States is word and Coal. The vivid flame of hivny wood has been known topso: - Dues influence ation of the eyes. The enerase a Congli burgs. They thould, be arvided by pussous Inlight to those discous. 3. The heat of a rover ion what ever way it is produced is confined in some Countries by double down and windows. In the United flates what is called listing, or nailing the of Cloutte to the Dides of the Doors and coindones. A above the aller forces be lather & placered. a



The exceptive heat of a house in housener thouse he envolvated by the following means. I for the Country by piarras and trus the not only the not only the house windows but the window that the of the house During the day of all those rooms which are not occupied in the day time. a oven thus defended from the fun is Dypus Cooler blian a room that is exposed to it. The windows thould be opened after night when they en to admit cool and fresh 3 By kuping the fire places and Chrimneys Open. By this makes a constant circus - lating of air is kept up in a setting women and a led Charocher, for The air being bearing about me below the Chimney than the this That is in it describs by its bright in the

V It is in Consequence of this, that the Carlest Seat in a room is mean to a Chimney in bot mother. Men, metture of wiling a room.

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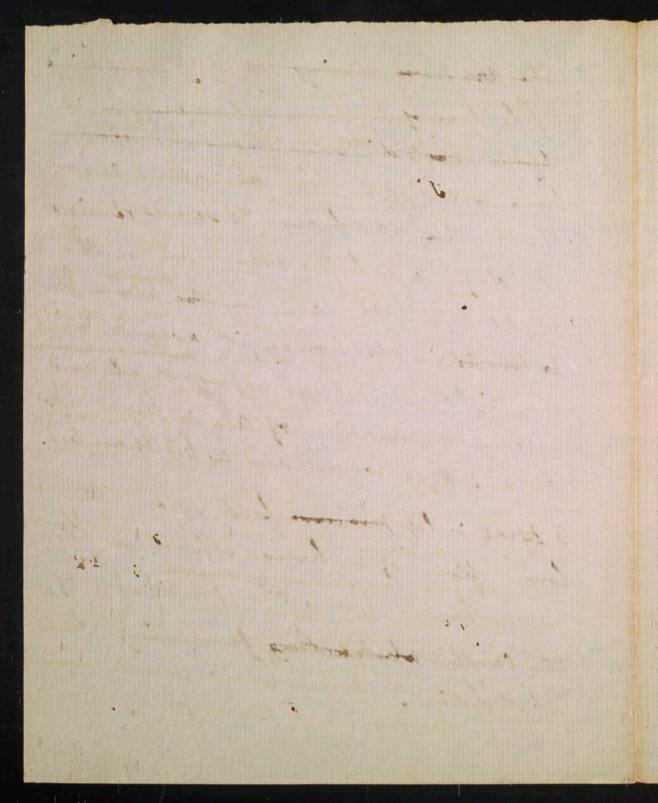
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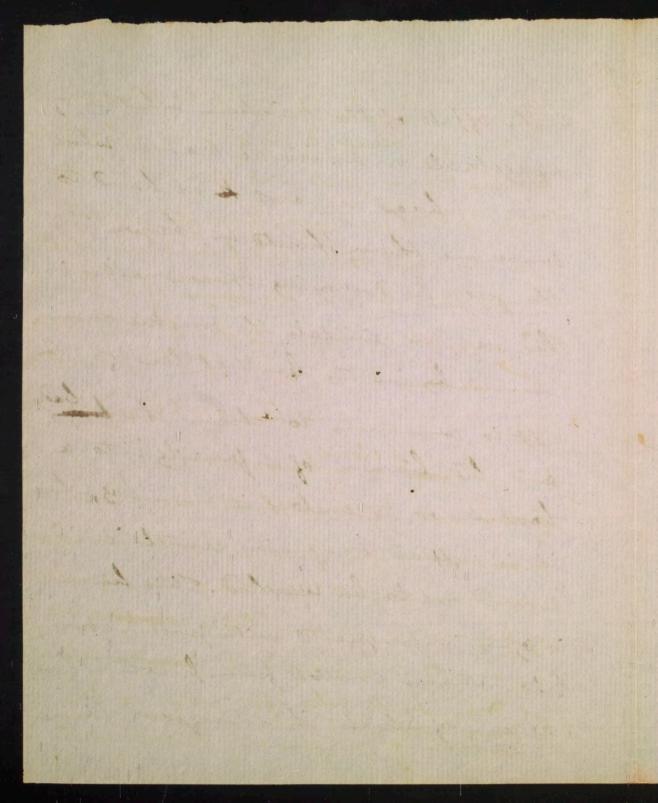
the day time thering the day, andbring 96 The heat of Journance when exceptive is ling cooler than the air above it, or the air in the house, descends during the day, and being warmen in the hight than the air inthe above, & bulowit in the house, it as conds During the right, and thus a purpetual and cooling airculation of air is kept up in a litting room and a bid Chamber. 3 Hent is lip process felt upon the lover floor of a house than in its upper Stories from the contiguity of the Carthe abstracting formaring its abstraction.



Chambines is expential to brallte in enery house. Ha It thouts extend I to the Links where the kitchen has made them mufrary. They are rendered inoffersive by areans of what are calledin Lowdon Shink traps - that is, by two to a twall well communicating with a Dup but purmits 200: . thing but water to pays through it, and · which printrates into the carth. The matters retained by the grate, are casily taken away by the hand once or twice a buch. When this Continuous is not used, finhs should be cleaned and every month no lawn as they with the least of fensive Door. Lat Thorn the neglect of this direction, not come of the plants, but a whole family have hun injuted with bilions fevers.

Manufact is equilised to head the every love . The SE House extend To se for a holow the se to add there encipsely. They are exceptions insperiedly means of which are called the series that the series of the series of to all hale to a good while interior to an a Energy last proper for for for the of the second which from that he has the carte . The exterior by the goods in country their in the their deposit of action as the contract of this motive over is over your from House charing some some someth to barre no they amid the land of some in page wither a grapher of this distance. when have to have interfered parametry more the defeat were talking some of

2 The Offals of the kitchen whether of adugetable or animal nature when alow, or Logo are not to at hand to Consume them, Thouto be thrown into the fire. In Distroying those malters in this way, true imitate the prustice ruom. - enerded by in the livitical law 3 It is common to throw the 1. bedy and bis binnen of a family into a basket, or to enclose it in a bos, where it is enflued to remain until it is taken out to be washed. This kinnen is often impregnated with persperation, I sometimes wrist from frust in Con-- segmence of which it undergoes a Change



When dynived of dir which disposes it to produce that kind of four which is generated in jails and prison this from filth and Confinement. Washer lumers have it is said been thus injuted with that fever. The forms of it though be obviated by exposing the hinner to the his rankups in an open some or almet before it is sent to the washed. -3 Every Joseph of a house is well as the Killer and kilthen should be fuguently ofrem aired, and if murpary, cleaned. It would be a good practice if the properties of Durisances in our lities were permitted to initate the francis Conduct of Denning room a female friend with

there I follow and language week. Commerce Sums it in your land them replaced The objected by company the histories in - the morning in him the source mildense " Coffee to be a first of the state of and a classification in the second of the . Eller in Sistering thomas his fragments house the region provided of the physician Address of the second s Commission to since the formation by the formation by the formation of the the who the who the man is the Stand Grand Hamos pa 10 00

98.1

behom he was invited to dine, refused to sit down, but suddenly walked up Stairs, and examined every vorm and Closet in her house. Upon whening into her Joisland Drowing room, he 2000! I perceire masum, you are a good house hije. I give you no crit for the materys and Cleanup of this room in which you expeted to see lownpany, but I have from all every part of your house in the same ment and order! 4 Rats and mice by Dying in the hollow slows of walls emit an offensive ofon which is dangerous to health. They Hometor be Destroy of by traps, on Diven

V and It was probably to prevent the extensive mischief they are capable of Doing, that even the fight of them is all to generally attended with fear or hated in all ranks of people.

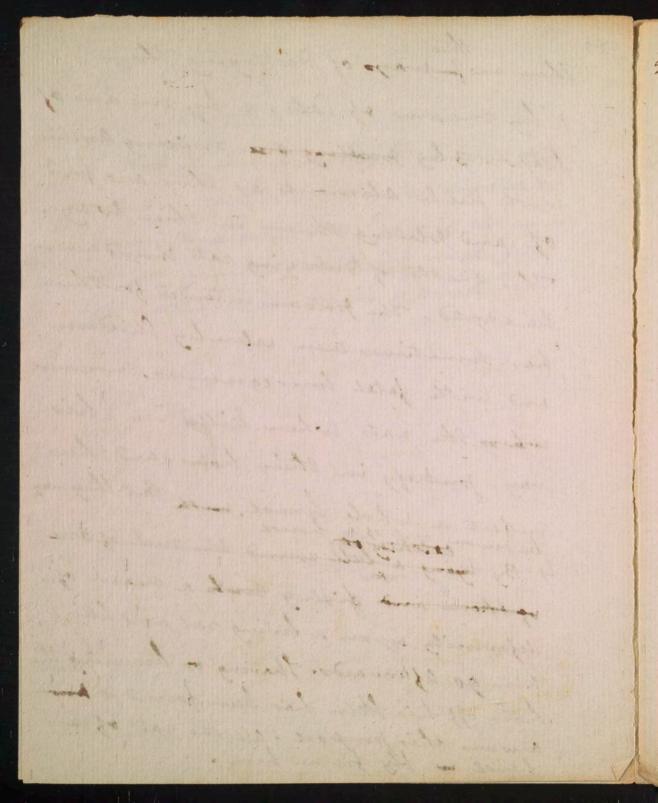
and the same to wise to war to

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There are for ways of Destroying them 98/2 I by means of Cats. 2 by means of traps. 3 by posting to mixing assure with ruch aliments as they are found of, and placing them in this way. This method of Dishoying rats thouts owner he adopted. The prison intended for them has sometimes been extended Children and with fatal lons equines. Insumer when the rats when killed in this way, portuly in their holes, and this infect a whole house, with But they may but by and the much of one 4 By toping to the sund the much of one of them and fixing who a much of deformity orpan a living rat and letting him go afterwards. Thaving or burning the hair off his thin has been found to Am answer this purpose. all the rats of a house of bly from him.



mosquitois by this bites ipsoduce inflammation, Jours and Juness. This This Tiles annoy too by this biter, and me They This generation men a lawre flowed be prevented by removing all Plagnating water from From house. This to annoyance many be obvicted ince Certain degree by protesting those parts of the body swhich are most liable to suffer from them by means of coverings of leather, as in the day time, and by what are called morgnitue Curtains During the might. Felies though uldarn or more a Cause of Discur, people. They are distanced by collining them to a board covering with molapses and conexplosing gun power under them. They may be kept out of a bed soon by keeping it thut up in the Day time, or they may be driven out git by means of a hand keething or nappein after night.

and purchase by the other deep deadlines inglifered the from more former. The Section of the section was a tree Land reference and the second second of some the second second second second second second second second second were serviced from to be present to her his mining all Marine they were home France to the server and the second was the second with the second with the second sec The form dance of the profession of made it obers. Copy with any among that the to got the first the day oversees of property of the the same to the any him and he hadal and takes properties Constance Francis the safether The extensible sections in morning in themself of the the state of the second for the second The state of the s and the second second properties were the second with the second of the second and the same of th

The estron of thes though be prevented by resaining the injuries which time does to all houses. Whenever though popular, they are a Call for the mason and the Carpenter. They are kindly tent to touch us Dernouny and Cleantines. They may be considered as the first warning of The approaching Waste of our property, & as the previolement of the want of chan. = linep. They we in the latter view, of them, the lie of our houses and faring.

5 Bugs by proventing that and thus friends

fator sometimes districted bring on discuss upour weak and insitable habits. They are like rats and mice the prinishment of bad househeeping. They are to be presented by Charling. The following

The estima of the me thought be now the ways since yethe way were what when there was to all houses the houses they keppen they are a late for the course and the Companies They may himsely seems and Long down Ormany and Clerken him for The opinion to compidence as a first from the form the expressioning hearter of one prospection to as the premishment of the break of them. tento. Engrant de la fina de la fina the first of the state of the s Expedient lexitable and one taken hadally they had to be down from the second the second Exercise I de ma contra for for for the second and to to Monday. The fellion

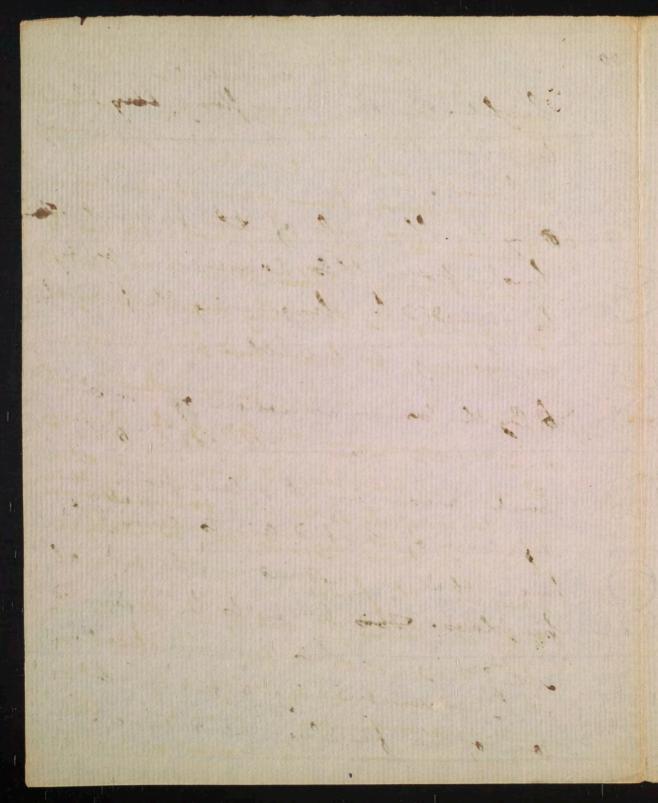
Discours of the eyes are often contruited by means of broke ; and Colds are sometimes taken by sitting with our hindows or doors partly open, to let it out of our houses. It is of lonsignene Therefore to print out its Causes, and its runchis. - funche in retuined in a room instead of being carried by a Chain. - ney has the follow I by the room being too small too in proportion to the fire of the fire place. This is only to be cured by contracting I hay the agon being to tight as to exchibe I'm foup of the windows all air through the lides of the windows and door. This Often occurs in war the fire place.

V 3. By the Door of the room being sloud to man the fire place as to pours to great a generatily of air upon it atsomes faster than it can be rarefied, by which means it drives cannot; the funche into the room. If it table prevented by removing the door to to greater Distance from the fire place, or by coursing the open from the fire, the Door thould be removed to a greater distance from it.

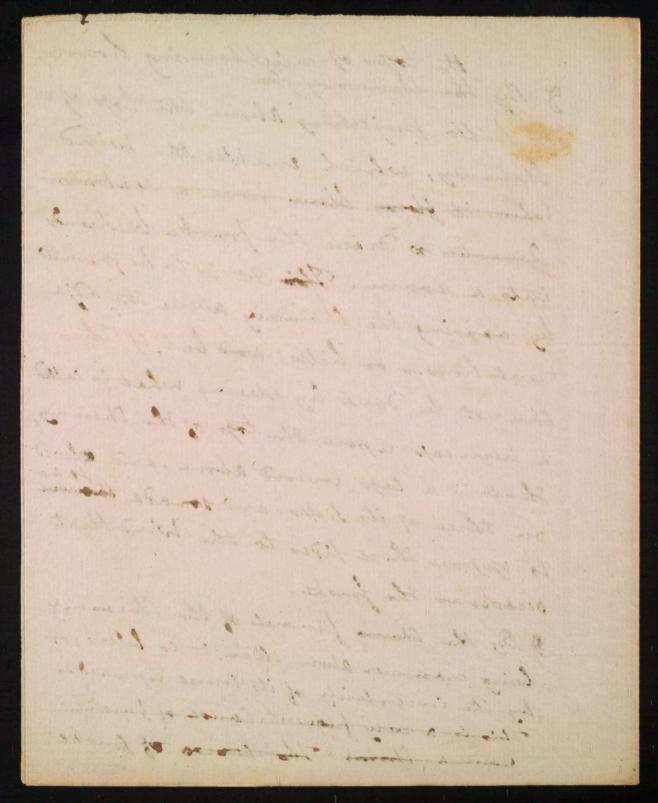
houses and clases upon the Shrishing of the loved of which the dover thinderes Dre made. howhe from this cause is cured by a Ventileton, on a musable pane of glap in the upper part of the avom door. But It ceases of itself upon the Shrinking of the wood of which the down and windows are made. V 3+By the large fire of the framel of the thring invadiately above the fire place. Course is place. Course from this course is un prevented by contracting this france agreeably to the plan advised by Court Rumford, and adopted with general horces in many parts of the United flates. The I By a want of proportion between the width of a Chinney and its

The street of in the street will die worde . Levele pour stie come to send interes are as they be madely in their . But To were of they appear International Comments of the first of the second V. see of the second and the second Hilly to long fine of the former and the property of the to the court withing the Grande apprilable to his to be a store by forme they for any assessment general living in many and a grant Miss Valor The went of proposition

hight. In the tower flory, they thould 100 he wider than in the upper Stories of a house. 60 By the Shortness of the formul. This Inohe from this course can only be unchied by brightning the funnel, or aparing its width. By the Communication of two or more Chimneys with couch other. Involve arises in this case from a deficiency of rarefied air to carry the Junte that is graduer in the enreal fire plans. This It is to be prevented by stopping up this Communication, or by num enting a fire in but cove of the fire places at a time.



& By the Sharmany for or hills projecting above the top of a Chrimmy, which enables the wind hadron it flower blown from a certain Quester to Drive the prope backwards into a room. This It is to be prevented by raising the Chimney above the Dja-: aut houses or hills; and but if this Canart be done by placing what is called a turn capo upon the top of the Chemony, that is a caps coursed above, and the as to oppose these lides to the wind that occasions the proke. & By the Charm Juneal of the Chimney luing nanower about than it is below for by the inequality of its Course upwards. This is a very frequent Course of Smake from a the twee of smoke



HOL from this cause is obviously from the the Chriming give to the property and at the property to the principal to the division to the division of the acts with a to the division of the acts with a the ranified dir superior to the ration of the ranified dir superior to the with a Diminished force infrancit the remedy

from from the form this course to is to

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the property

ly making

yapage out of the Chrimmy, is to seeling the Chimney as wide above as it is below a portops whith It will more effectually prevent carry off the smoke if it made a little wider.

roof, or ascending from the first story, form by means of blankets, a kind of dam on each of the intermediate stories, near their staircase, that shall confine the water that is thrown upon the roof, or into the windows. It will effectually check the progress of the fire downwards or upwards in brick and ftone Philad houses. 5. To prevent fire spreading to adjoining For t houses, cover them with wet blankets. 6. To extinguish fire in a chimney, shut DI the door and windows of the room. Throw a quart, or more of common falt into the fire. Hold, or nail a wet blanket before the Recomme fire place. If these means fail, throw a wet ure of Donafalmani pafter blanket down the chimney from the roof of the house. There is a method used in some countries of glaizing chimnies when they are built by eve burning common falt in them, which renders them so smooth, that no soot can adhere to bu them. Chimnies so constructed can never 10 take fire. Ladders are commonly used as the means of conveying persons from the windows of houses on fire. Would not a long and stiff. pole, with a rope fixed at its upper end, be more portable, and convenient for this purpole ? of at the same trong close all the fine places that communicate with by Chimneys with the Chimney on fine. from fire, by lightning by means of a rad an eletical non conduction.

4. 10 prevent me a

connected in

Mr. John Westley when a en out of a window in his fahilft it was in flames, by one spon the shoulders of another. may be used to rescue persons ftory of a house on fire, where cannot be had with fufficient or expedition.

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Y.

Life and is often endangered from

fines, The Smealth is bitavoise is impaired by burns, bruises, and the terson con-the distroction of a house by fire de: meta with fire where life is not de: : thought. The To obviate these will, Johnte following Directions which were frist put.
Claypooles
- lished by the author in American Daily advertises them on the 3? of February 1799. Jarden Death, or Distriping discusses are Sometimes brought on by means by of Strokes of lightning. They are to be me until when west in the open air, by avoiding the Sheter of trues. In a house they are to be prevented by breams of an electrical conductions - tor, but where this has not been confide. : red as an epential part of a house, lase Should be taken During a thunder from

Close all the fire places connected in The famous Mr. John Westley when a chile was taken out of a window in his fa-Philadelphia, February 3. ther house whilst it was in slames, by one For the American Daily Advertiser. manstanding upon the shoulders of another. Thi practice may be used to rescue persons CTI 0 from the first story of a house on fire, where For preventing Calquities by othr means cannot be had with sufficient corenience or expedition. Recommended to all House-Keepers, to be m passed up in their Mitchens, or other parts of their Houses. 01 AWATE Y

K EEP your Chimnies and Stove-p pes clean by sweeping them at least once

every month.

2. Never remove hot ashes in a wooden bucket, or a wooden veffel of any kind, and look well to the ash hole.

3. After fweeping a hearth, fee that the hearth brush does not retain any particles of fire, before you hang it up in its usual place.

4. Oblige all your fervants to go to bed before you, every night, and inspect all your fire places, before you retire to rest .- For fear of accidents, let a bucket of water be left in your kitchen every night. The writer of these directions once saved his house from being confumed by fire, by this precaution.

5. Do not permit a servant to carry a candle to his bed room, if he sleeps in an unplas-

tered garret.

6. Cover up your fire carefully every night in ashes. Let the unburnt parts of the billets, or chuncks of wood, be placed next to the hearth, by which means no sparks will be emitted from the wood. Pour a little water upon the burning ends of the wood which are not completely covered by the ashes. Place before the fire a fender made of fheet iron. This contrivance was well known in England many years ago, by the name of a coverfeu. It has lately received from a top being added to it, the name of a bood.

7. Remove papers and linen from near the fire when you leave it, to a remote part of the room.

8. Shut the doors of all the rooms in which you leave fire at night. By thus excluding the fupply of fresh air, you will prevent a flame being kindled, should a coal or spark fall upon the floor, or upon any other combustible matter in the room. The smoke which issues from this smothered fire will find its way into every part of the house, and by waking the samily, may fave it from de-Aruction.

9. If fickness, or any other cause should oblige you to leave a candle burning all night, place it in such a situation as to be out of the reach of rats. A house was once destroy ed by a rat running away with a lighted candle for the fake of the tallow, and conveying it into a hole filled with rags, and other inflammable matters.

10. Never read in bed by candle light, efpecially if your bed be furroun ded by cur-

11. Strictly forbid the use of segars in your family at all times, but more especially after night. May not the greater frequency of fires in the United States than in former years, be ascribed in part to the more general use of fegars by careless servants and children? There is good reason to penew.
was let on fire in Northumberland counwas let on fire in Northumberland county, by a half confumed fegar, which a negro woman fuddenly threw away, to prevent her being detected by her master in the unhealthy and offensivepractice of smoaking.

In case of fire, attend to the following directions, to prevent, or restrain its terrible

consequences. 1. Do not open the room or closet door where siffature of Danafalor

after night. May not the greater frequency of fires in the United States than in former years, be afcribed in part to the more general use of segars by careless servants and children? There is good reason to believe a house was less. Set on fire in Northumberland county, by a half consumed segar, which a negro woman suddenly threw away, to prevent her being detected by her master in the unhealthy and offensive practice of smoaking.

In case of fire, attend to the following directions, to prevent, or restrain its terrible

consequences.

1. Do not open the room or closet door where you suspect the fire to be, until you have secured your family, and your most valuable effects, nor until you have collected a quantity of water to throw upon the fire, the moment a fresh supply of air excites it into a slame. Where water cannot conveniently be had, try to smother the fire by throwing two or three blankets over it. A British sea captain once saved a king's ship by throwing himself with a spread blanket in his arms, upon a fire which had broken out near the powder room. He was pensioned for life, for this wise and meritorious act.

2. In case it be impossible to escape by a stair case from a house on fire, shut the door of your bed chamber, and wait until help can be brought to secure your escape from a win-

dow.

3. If fafety does not appear probable in this way, wrap yourselves up in a blanket, hold your breath, and rush thro' the sames. If water be at haud, first wet the blanket.

If water be at haud, first wet the blanket.

4. To prevent fire descending from the roof, or ascending from the first story, form by means of blankets, a kind of dam on each of the intermediate stories, near their staircase, that shall consine the water that is thrown upon the roof, or into the windows. It will essectually check the progress of the fire downwards or upwards in brick and stone houses.

5. To prevent fire spreading to adjoining

houses, cover them with wet blankets.
6. To extinguish fire in a chimney, shut the door and windows of the room. Throw a quart, or more of common salt into the fire. Hold, or nail a wet blanket before the fire place. If these means sail, throw a wet blanket down the chimney from the roof of the house.

There is a method used in some countries of glaizing chimnics when they are built by burning common salt in them, which renders them so smooth, that no soot can adhere to them. Chimnies so constructed can never

take fire.

Ladders are commonly used as the means of conveying persons from the windows of houses on fire. Would not a long and stiff pole, with a rope fixed at its upper end, be more portable, and convenient for this purpose?

Hat the same time close all the fire places with the by thinkny on fire.

from fire, of from house bightning by means of an electrical

places connected in

The famous Mr. John Westley when a nile, was taken out of a window in his farer house whilst it was in stames, by one anstanding upon the shoulders of another. This practice may be used to rescue persons on the first story of a house on fire, where the means cannot be had with sufficient orenience or expedition.

A WATERMAN

C

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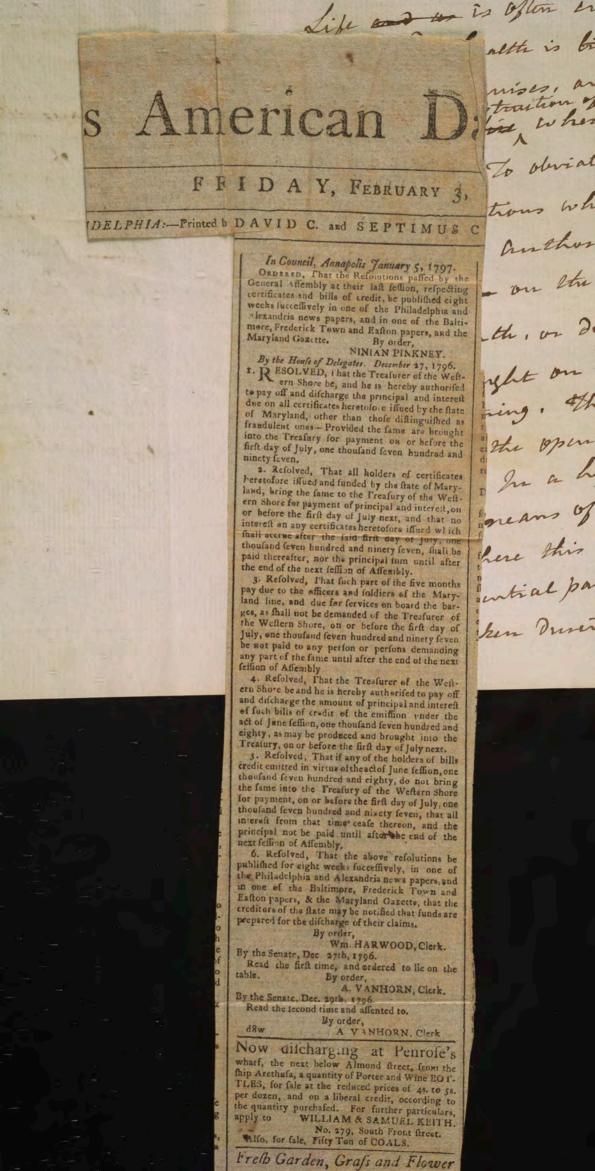
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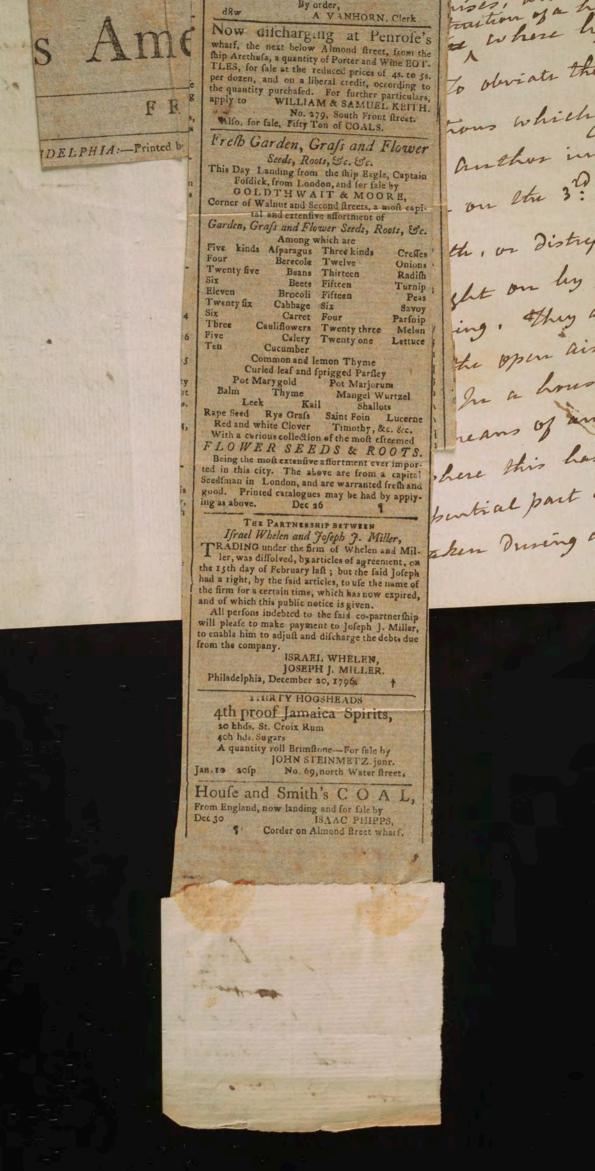
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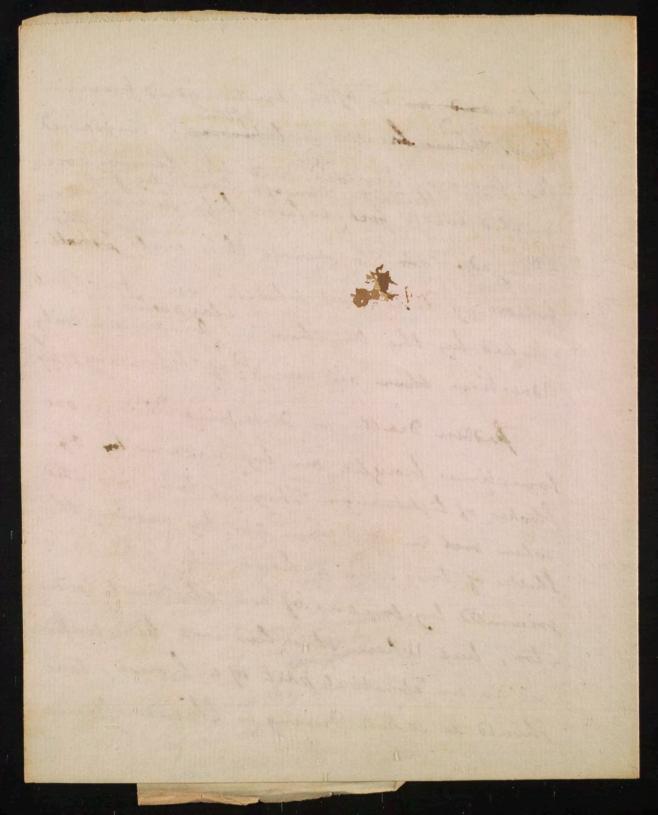
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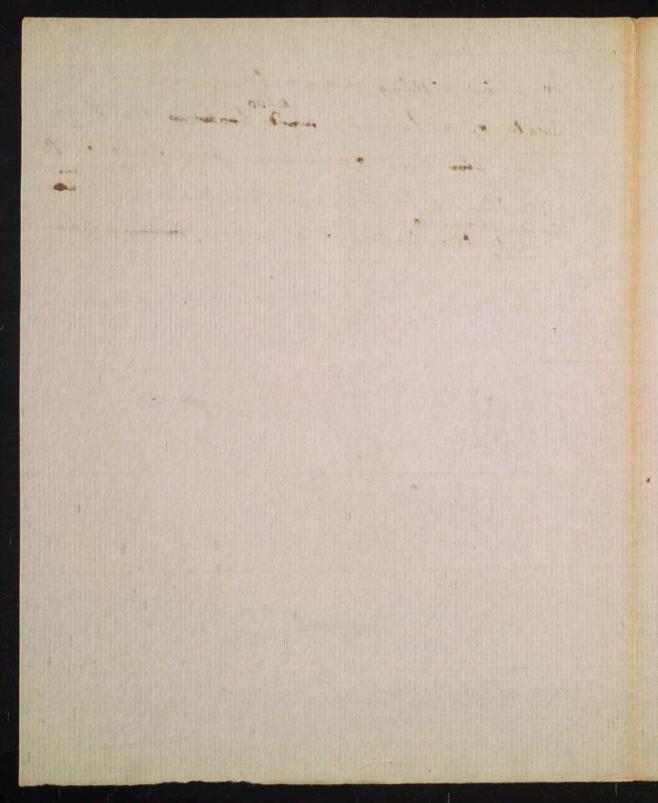
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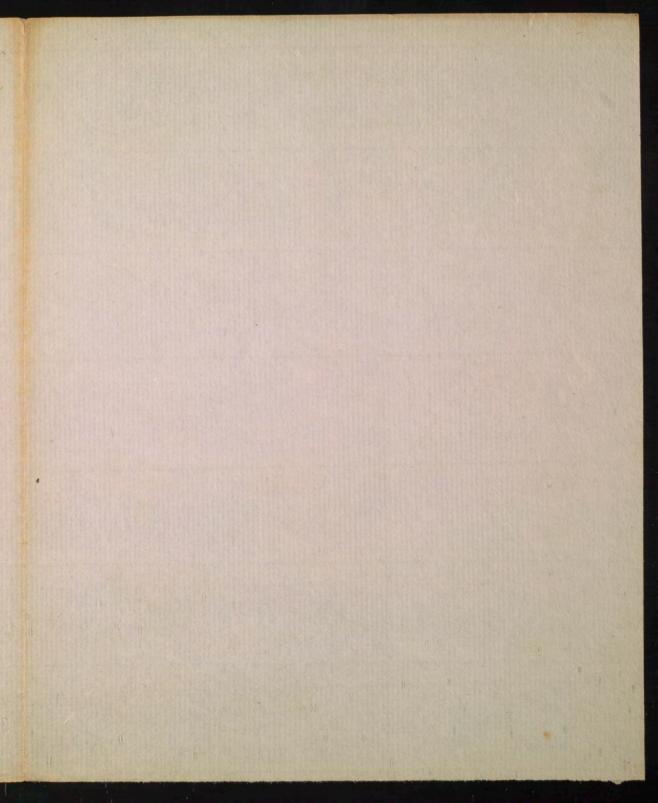


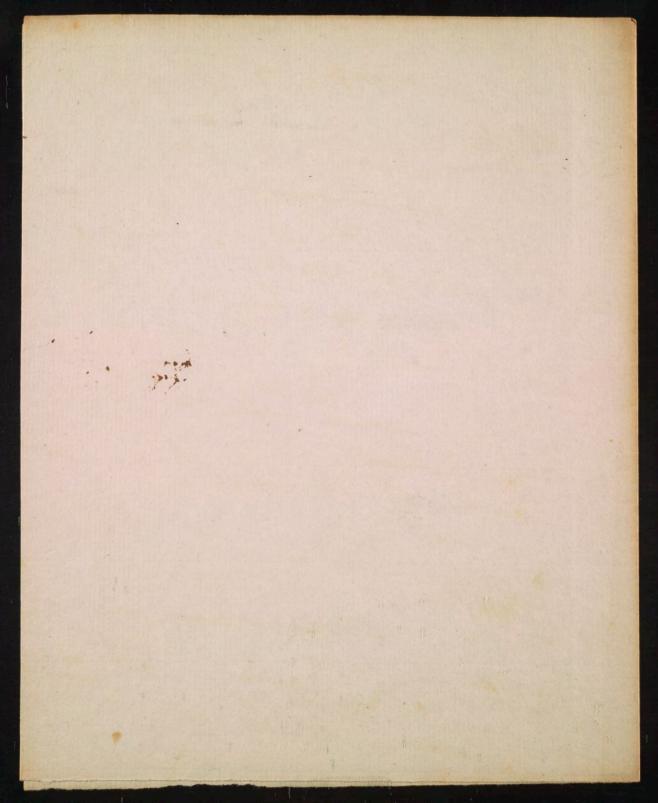




to avid sitting man a Chrimmey, or the walls of a house, and broken thanding man the an open door or window. The best thought be removed in the right, to the wants the Centre of a room, During the ready the Centre of a room, During the

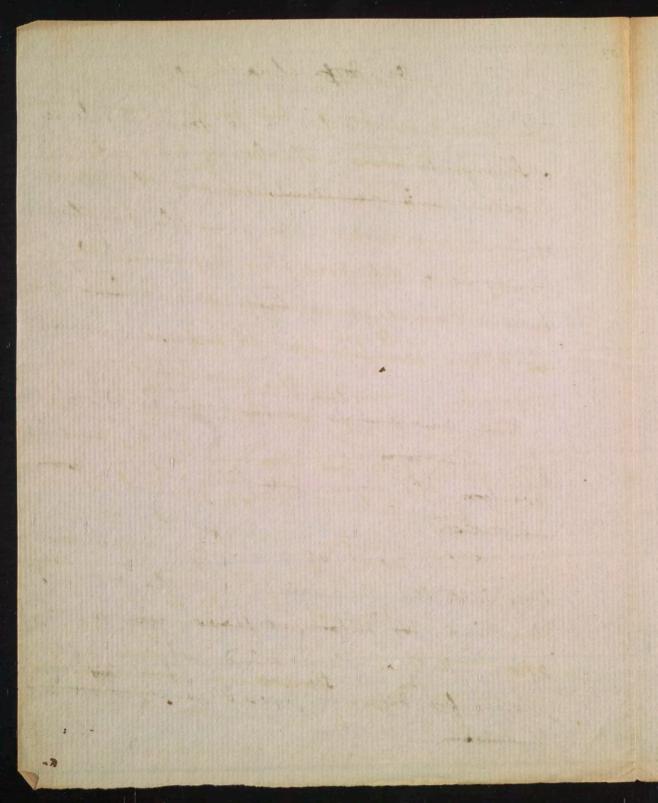






on sup Cloathing

The first use of Dufs was to gowent a Souse of Shawe to which the lop of mineral in: = nocence and makedousp exposed the parents of the human race. It remes the further Joursons of defending the human body moisture hugh total and but which from those degrees of botherways crite pain and human the cause of many chiscases. Clarking pathis 12.6. is composed of for Chatting in the United flates are worken - Coll lille & lotton for. This part of our Subject chiedes itself into the materials, and the from of Cloubting, for chiffment begon toon a and aftern ands into those kinds which are forms for different fexes, bagas of the sound of theyear.



The materials of which Clouthing is fift-fun-lutter, ball un fift fun lutter, ball by which the are obtained from animal which are hobs tances, the two last are obtained hobs tances, from lugitables. The former have dises: = nedly heen considered as affording the most healthy materials for Clouthing. they are left aft to say generate dis: = case by retaining the purposition. This some was on why the Chinese who mean Lilh garments tit they are less of hubject to the fivers which axis & from human mias mata under many of the other annotances which produce them. They retain the heat of the body longer than the best of Clouthing from vegetables, be they not they are left Disposed to check purpiration. It was remarked During the american emolutionary

V the Jobbies of assignt Rome. This healthings from this and sons Ottos causes formerly mentioned was huch, that not a wingle treatise has discovered to see your the discoveres busines no production discases productions to them. This is inferred, from evot a eingle distration upon camps
disenses in to the met with among all the enmerous medical broks and truets which have descended to us from that nation.

that those officers and foldiers who were flammed thinks west to this thing were the safeths by Colds or fevers. were easely affected by Colds or fevers. Worlden gramments above were worn by V woolen gramments above were worn by V Colt on partables of same of the gralities Colt on partables of same of the gralities of the Challing which is obtained from

animals. Linear obtained from flat is themen has disposed to produce discuse of any the articles of Cloubting that have been mentioned. The prespiration when wind by it to for love time, arguines a envelid greality. hen sain when enfly-, ned to stagmate up on it has been known to change its Grahitis was to render it un healthy. Those boldiers who were con-- stantly we loose over garment called a Rifle: Whit made of hinnen were the frist Victims of the Comp four which

V Damps bod hinnen neat to the body, and damps theets thould be carefully avoilled. I know that this advice has been opposed by De Franklin upon the authority of hather Traight who course Lold from wet thats - birth himsen and, much washed floors, and in the list of Vulgar enous. The rapaisons. of Thousand Thousand the practice may be to Soldiers, Inilors
and laborners, it the experience of
physicians who have not seen Rhumatisms, Colds, and plunisies contracted by it.

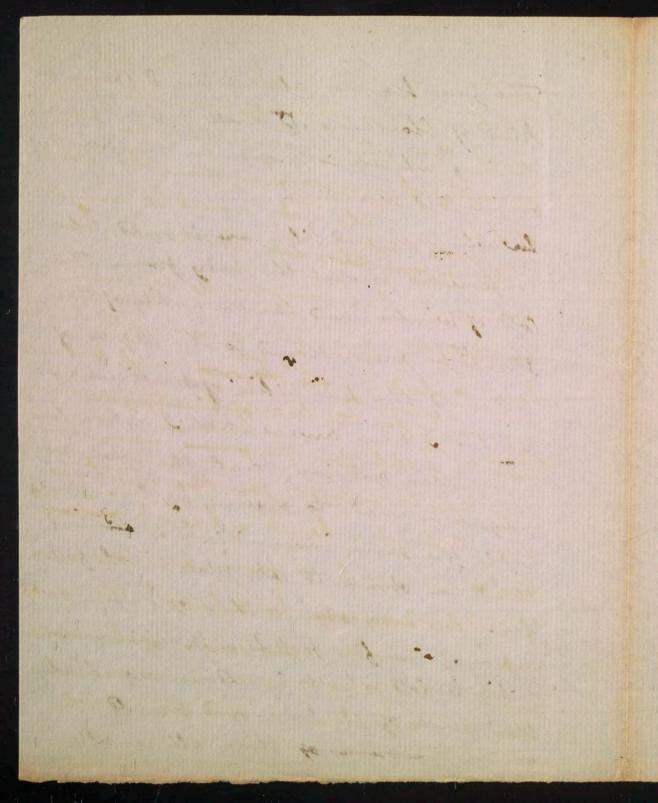
the second of the

ALLER OF STREET STREET, STREET

Distroyed several thousand of the ameri: - can army in the year 1776. I mankind francely that it sometimes produced Disease when the combined for a weekon two in a cloathe hay or bashet from The most pursprisation it retained when taken off the body. A This unheal:
was perhaps imposed upon it to compet
they prality in himen way be Completely
us to be clearly, for it
often, and exposing
obviated by changing it often, and exposing it when there foul to the action of the air. This The form of Cloathing thouts be much as reverto bind any part of the body. The Clouths of the arrient Romans were loose and flowing. many discuses have arisen from tight but the light trues about the nech and breast & waist, how and from light flows and brots.

and the product the white of the rains seems during him the given 1998? I mountain former to that it to me thing part of Bit had broken the world in four and presention love in a charter hay on har to from The second of the second second second second the state of the day is the same of the compact the stand the forth to the standing of the with form of Monding House he and be speed here can a second bety. The dieser of the securities. more lease and planning : answery die wages have some from light burn the high allience affirmed the mark more brease to bearing mount and from life pline was brief .

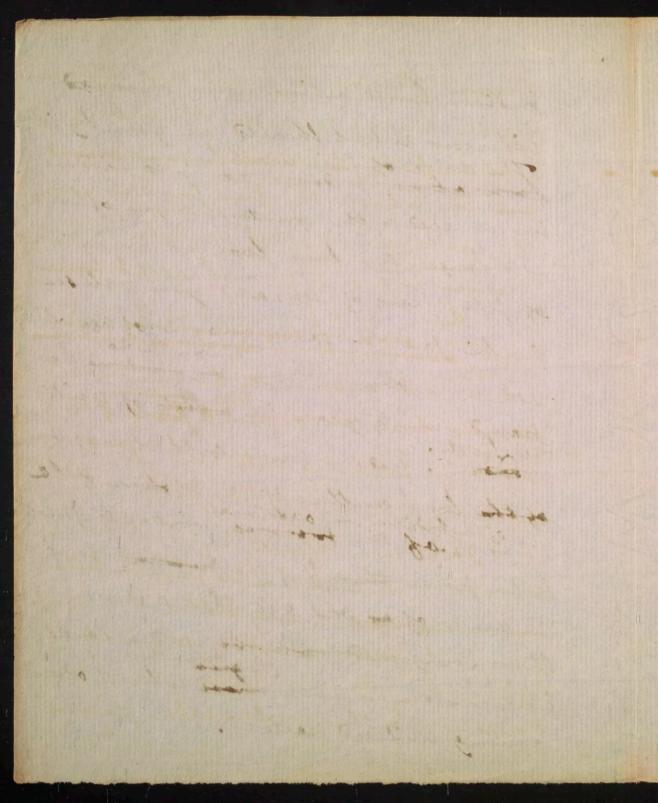
The four feasures all regarine different kind of Clouthing . Ethall begin by men. tring which is proper in the winter, or intold weather. has out, from and filh are thruts be Ineferred to protect the body from the Cold of winter, and the grantily of them Thouas be proportioned to the chapters of Cold, and the husilishity of purticular Jarts. I am awase that I oppose here a popular opinion that the whole body might be made to arguin by time & Labit the same inscresibility to the cold, That we observe to take place in the face, But I cannot admit this opinion. The news of the face pople a Muifix insure: = hibity to Cold which is sellown arguired by other parts of the body, and thrould we render the oring them all equally



insensible with the fact to the action of Cold in the Course of a winter, they would lose this risensibility in the muiling functioner, and thus the work of hardwing the body would be doing to many year, this life and never done, But for what purpose do we wish to create this general insensibility in the body to loto? the do not wish to what was, our towns for the toils of hunting to war, and to watch for the forms upon which they are to helist, for two or three or do days behind a bank of from? lefots we wish to form our bornen for the Dong your hardships & planery of Indian lower - The Doign of this work isto admitting that we could susceed in this the experiencent of induring the

in some the war to the feel the section of of lold in the lower of a winter, soley more to how this insure the lity in the James Sie war and the land I down in the last wind to ming be midning have their diffe and an inser Dance, But for what property to me mindely en with first prevent interest with fit in the looks to the sense with to send one him for the last of imments on lovery and some to wantle for the spranner report which they are to puting for two or there deep teching a lame of from a some for in one we do to form our war wound to have greated by supplied of the grand of Poten sins . The design of his work the time the think but and brice I in him the experience of industry the

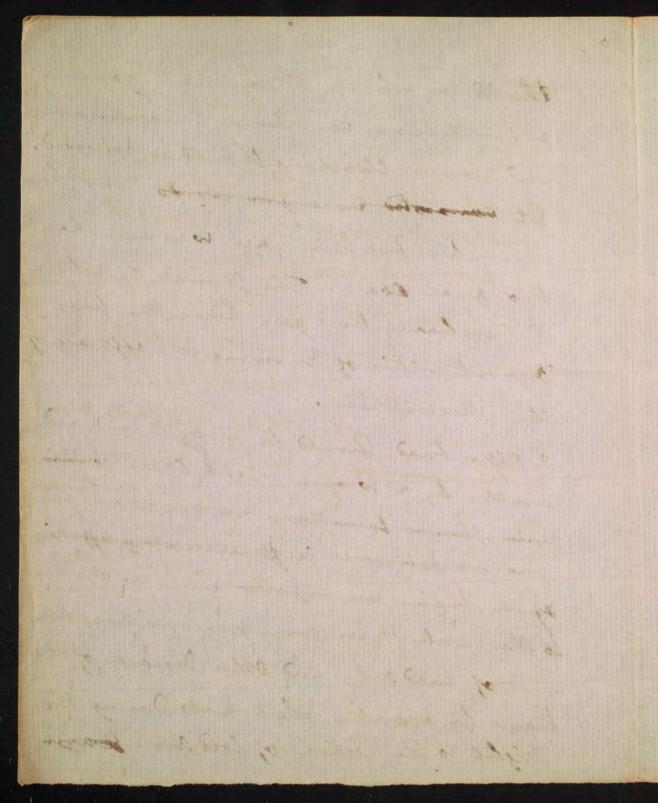
Indian Constitution upon visitined It disign of this work is to produce in its eraders the greatest degree of health and longevity, but look at an projean of fifty years of age, and you will see you will observe in a marks of age which haped sweety years in a fitte of civili:
-20 Switty: Read the annuals that are given of the by travellers of the violence of the Discuss of the Judians, - oursional montacity of whole Discusses hoof the fragment montacity of whole tribes from them, & of the frances rare instances of a old age that occur among them empared with the mumber cqual the green which occur among wilized nations.



I mound therefore to point out themans of perpetuating to man the blepings of that flate in which he was treated and ion which the first funities upon Ite earth existed, and in which there is more not only more health & longer life, that more by any ment than in saves to that any distriction be condition to have been supposed that be been the bright of man. It have been the prize at that of man. The following andes thould be 06: - Hewird in motheting the body from Cold. I Hannen thould be worn next to the Skin. The Shirts of the Roman to Dies more made withinively of the lovel. The I shall heriafter insurtion the only State of the body which requires an exeption to this rule. Where Hannel is forbidden, on dis agreeable to the thin

I mound therefore to print our the me of properties in summer the blefings of the set in subsection with the will and in where her first franchis women with south south and you which there will to have here the present of heart of kind The of the following who then to be the I Flance Flow D he report see the the state of the faint of the long in the Cine. investigation or training of the larget prince shall freezasten, impation the printy that of the last a later of the seal of the ion to this cale. When there the have store for dispersion in the other

the advise which D2-Bourhaave gove to a gentleman to whom he rummen. -did warm cloubling, Should be followed. It insisted in a fine tours was "Re: : member two Shirts, are warmer than two great coats." The Chimate in which Dr Buerhame hird gave him the best Opportunities of knowing the efficacy of this prescription. 2 The head thould be protested in cold weather by a boosten right Cap. To this and there is from times an exception. who are hobject to influence affections of the brain on defender It is no Objection to this rule than home pessons have been uned of head ach, and other discases of the brain by exposing this heads During the wight to the action of Cold air. Days



Object of this look is to suggest the means of preserving health whife, and not to care discases.

3 the feet though be motested with moden Stockings - corled Joaled thous, on large and loose galowshes worn over the those or boots. These will be more recepary when the mather is met as well as cold. The bollowing application to the Shows and boots know by the fisherman in the riger of green Elirabeth of England has hun found effectually to prevent this Bus wax if hemetton met eight pack, and lints we wil sixtum parts metter together. Too much pains cannot be taken to kup the feet warm in cold I nun cool weather, for by them

Myself of this leaved is to any per ext. mound of presuming hader alife; and and to done this war . 3 The first thousaid he property was every Engelow the white or was I hades places in large and love achievedor commence the Man so doorto! There will be he arrana everyberry history see hearthan so. week in bull as cold . The bullers inch Top histian to the those and look house the second of the first man withing engen of green Elizabeth of Guland in been found of pertually to present this the definite and the same of the parties then have light formation and before the street paid, with the paid out there is here the feet amon in tol the relieur condition of the little and the second

and the month marly all discrees 108 earter the human body. 4 Freather bids should be sometime de and they the wider - more and a Comering of made of down thous he preferred to a great murcher of hid Clouthers. Markinght of a down Covering that whigh but Three Journes will compine more heat than thru blambets. It has environer the additional Advantage of and opporting The breast by which means the hings in many act of inspiration fill the Whole Chest. In a blanket placed between the lower that and the bid worden adds comi: - Dually to its warmth. In extreme will weather, it will be found work comfor. =table to slups between blankets I han Sheets. The warring pan strond by is sellown ampary to prisons in good health. as flup

V once ingages in extensive Country practice informed me that he had formed the latter, taken just before he mounted his house to rise in the Cold to protect him from its painful effects much more than and ent spirits.

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and the same of the same

is functiones presented in every cold weather by cold feet, they should be me kept warm During the eright by being placed in Contact with a jug wor bottles filled with wursen bu. - ter. Under the las Clouthers thoug will re-: tain this heat Until morning. In going abroad in who weather some definding the hody firen being injured by it have been friend ne. - repary. These are I lating a hearty meal or drinking apoint of strong Coffee. a plansician who was a washing the feet in topid on cool water, and afterwards adding, to the Coverings Josementy enertioned, a large horolen Sacho or Strokings. Hay In riding in a carriage, hay or Straw may be substituted for there . In riding supon bonselach, the best will artain their heat a great while by resting them upon Stirmps covered

a springer have proceed that he will told weather his cold feel, they should he me heart women Bearing the social the locing polaries in contract where a first of the filles we are many the - Land London Star Life Committee their market as the a state of the here the minute of material of hely from are the commence of the commence of the commence of the latery as beauty would no Recording again the same of the same with the same a segration the fact in the second or contracting and experiences apply to the Consciences Somewhat they williams to large harden Suche on Suncings. They have allowed the Constage the on the winding be show to die to assis they in hand seek the for the other hand a good while Server of them when this yes course

with toe, or a preis of course woolen 3 The hands should be coursed with gloves or writtens made of booken or fun. The latter by admitting the Contact and motions of the fingers, a retain the most breat. 4 the cars are more apt to be affected by Cold than any other part of the head. They thould be protected by means of a Land kere hield or a fun Capinack.
The face though of the body and the lunchs
To the trunk of the body and the lunch Should be defended by means of thick muolen Clouths. ma ausbi motions in Speaking of the means employed in howen to grand the body from Cold mentions an instance of a your theman who left ton articles of Drep at a the entry of a house which Hockbolm to which he went to pap

V & & Boeshoove mentions a lignor called Brunswick which is downto by the Drowers who bring tattle from the worth of Europe to Udland in the middle of winter, to fortiby Themselves against the Cold. They duland to the Doctor + Ito Ita Churing tobacco by persons who have not been in the habit of using it. I have him of a life being Daved by this rundy. It not only counteracted the Cold, but induced a general heat and perspiration our the whole body. 11. Wetting the body with last water has been found to lepon the cotorep of the air, and cold tresh water upon the body.

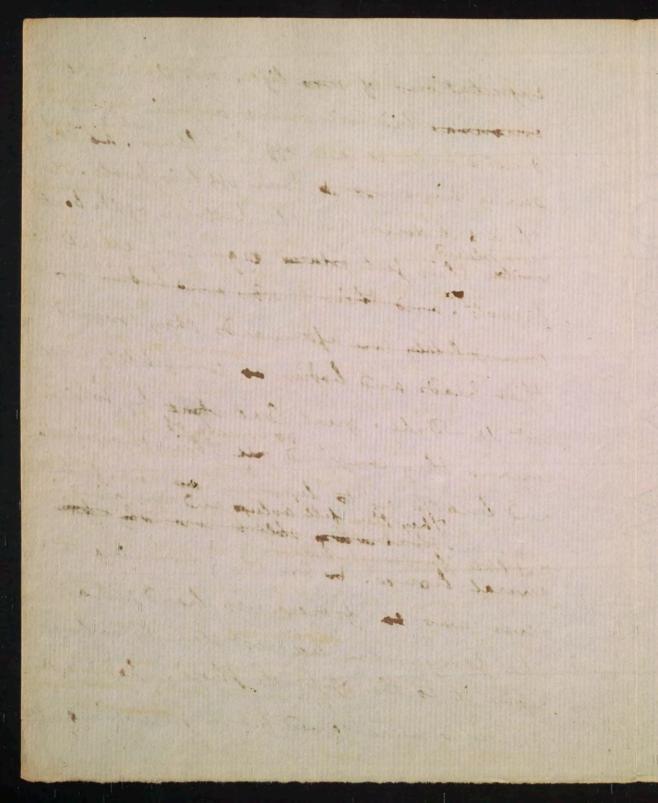
12 Pouring prount to with into the three or Boots

that they found no liquor equal to it in preserving the natural head of their bodies. It is nothing but Beer inits unfermented flate admirably heat to the Consistence of a thin Symp. -9. Sephenicane als dis A polysician was once engaged in extensive Spirity the first

an suring and winter. Lit of them were two pains of gloves - two pairs of books, and two great Coats. Tringing lepon the effects of cold 10 It is a good practice in travelling to anoid going mean to fines in unless the hands or who he very intense bridg have mattered the first the hands or full have maken by the first they thous be was his in cord water before they are + exposed to the fire . -Persons are sometimes exposed in tra: = rulling by land and water to interse diques of Cald in which they are incapable of a bother war of the means that have been mentioned a bother resumption of the late governor van Dyke in Joseph one of the late governor of anisos from you the street of the late of the was ablised to crop when the that he was ablised to crop when the rivers ivers the Chesapeak on a cold evening about forty years aso. are a little layoud the middle of the river, the booth sines rapidly, that the boat wall not be moved. The ferry vian gave up all

practice informed me that he had found a pint of though toffee to hen first before he mounted his horse to side in the Cold, to protect him from its painful effects much more than around Sprits. Is wright few ations of Cold upon this feet by plunging them in Cold water. They formetimes buch the jee for this the purpose. The Cold water, existence: - ton subsequent exercise of walking modules reaction in the feet or thus notous this warmlh. 14 The least tendency or disposition to Sleeps should be resisted by naming, or jumping when it is practicable. This flugs is the beginning of death. man to the world the or many and the second and the of the converge The state of the same of the s

inputations of was life. mi Vun Dyhe Directed him to take off his threes, at the same time 200 took off his boots. They Then sat down in the bottom of the boat and placed out this feet placed organist cach Dethis breasts, and their brands was butis to completely come afternands they would This heads and bookies are completely with me Van Dyke; quat Cout that by which were somuch of puspisation and breath as to become so comfortably in then fell asless and remained in warm. That that they shelpt wardly for the that flate for smeat hours. In the morning the sweral hours. In the morning the viver was to fiveen so hard, that The farry man lid 2002 Vain Dyle's home upon it to the opposite there . Lanual pursons were saved from puishing with



Cold by the same practice in the binter of 1806 who were daisen from the houses of 1806. In the Bring, the Cloathing flower gradually lepned with great Care. ero part of the interior covering of the body thruto be laid aside, Until Ha weather burnes uniformly warm. mange fatal Plumasis heme Ofton been brought on by taking off a flammed Shirt on a casual hot day in the clock, that and the great Coat on Sustrut, or Spencer may be dispursed with at midday but though be put on in the enomings and everings. The form early of the Chinese colorations favours the Inimition or energe of the Gloubting shy wearthur Grats Die Strong onter Court is thorter & lighter

Lot I day the same so as we is a second of other last last some form there we prome and the principles in the party the Paris the Classician Blance against The same of the sa and the second second and the second s in the fact the second second second second Low you have brought on by so high our in comment high playing to discount of life it . The great and sought and there I have for your man have the commission of the second second and is the

than this the second, and the second fantes and lighter Ham third by which mans they change their they so as Init the Changes in the weather without an quat Deminition of this Cloubing as axises from laying aside a great Coat, or without the trouble that attends interior interior putting on the interior Dond small coverings of the body. In wet weather whether it occur in

to the town In Summer it is common to

and like Cotton fills

mean Clouther made wholly of Cotton fills

1hinnen. But experience has tanget that Thin flow the abovelens are to be preferred to them, especially for order garments. hun the Smats they induce the to prevent the By to prepare to whom Jamuel is disagreeable discusses of trummier. Great Care should be worn next to the lb. - worn creat to the Skin, cotton way be used in its fted.

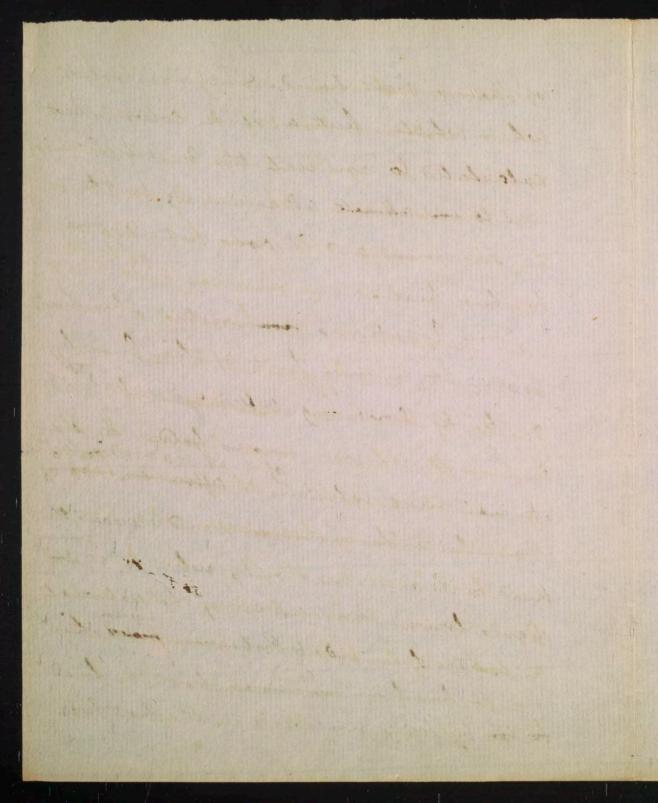
711.

V It wis practice Allow tells us among the Grani ands in the Island of Culsa When they are partially wetter by a shower of min, to phunge themselves into a stream of water so System is their bodies all over to the fin. The System is the obliged to reset, and the bad the bad effects of the partially wetting prevented. Where this is not done wet Clouthro should be onener be per suffered to dry upon the body. The sooner they are changed for my Clouthing, the better . Where this came Inot be done, the reaction of the System. Should be exerted by the or Coffee firmented lignors, & by a small quantity of aident Spirits. This is but of the for General Wolfe a who evas a philosopher as to laste and the spirits except when they were exposed to raine in which Care he found them safe and writer. It is one of the Im Decesions that occur in the which they are Dafe and reseprel.

taken to good encurse on thange the After the 20 of angusty and at all other of right greatly excubs its temperature in the widdle of the day. It will be in. = product in most parts of the United flates
to go abroad for inen a few days without a Change of wooden Cloatho, or a great Coat. The Spanish prover relative to the Sun this and is a wise One. "If it wastate your Thines, take your great Cout with you, but if it rain, do as you pluse. I the body enflows hast in to the rays of the fun In going almost use to the weather the head thruto be protected by means of umbrella & a high around hat and light hats. Hay The latter through be made

I whole bodies by means of large and love yout Coales or Cloaks when they expose throusehors to the rays of the cases of the same way fun. hy which me are they entire only from an accountation of only from an accountation of in leping the heat of the fun as the Egyptian turban. -

of than or partitioned. They are coolest when while, but a dark color is best coloulated to concert the first which is ant to en attack attach itself to them in himmer, and it does not all much to this heat. The Egyptians for protect this heads from the intense heat of this Com by a thich Covering called a Turban. It enchose by its runnions folds the ex-Transheits themmenter, and exposes the head to its own heat only which is the digues lower than that of the external cover this V It has been supposed that the head to is by being uncovered in the bot him



negacios out an inscholity to heat which wasts life defends it from anny of the discuses of the brain. It is certain The Shullo humes thicker be more dense by this practice. This was long ago ascer-tained in walking over an field that was covered with the loves of a brumber of Persians and Egyptian bolivis. The Thulls of the latter were her who runs quater thickness than the Joseph ... But the Dirigin of these pages who thops at this Calver in the free as pavors Jardiners in heading, & some other clupes of let pupile find no inconvenience from the want of a Covering upon this hurs, But the disign of this work is not to

assessing out our this deal boility in frage many is high to high in the man will be of the discovery of the bosons to is entire the Shouldo known thicker I was been by the production of the was been up some a trained sin welling one are filed there were would with the lines of a named of Living and Egyption helicon the The story father latter where her who coming have the trees were known by this species thickory them. He france Interdision of these opening who who therefor at this also in the firm of party province in finaling of forme aller clayer of the first to find one in spensor will fee of a love is reportable from

geralify men exchasively for has labore at labor but her . It is intended to mut the Citizens of the united flates as they as they live in a chingate exposed to are, and as they live in a chingate exposed to rain as well as heat in humans from Hory in the byen air at bungations which require Storying they through protest this heads whenever they expose themselves to the rays of the Sun in but weather. Itaming that in the him thould be caufully avrided. In the erse of Dainho to writigate the heat of the body, the render will planse to advert to the rules that were delivered in

The body when which heated, or

V This Caretion I know will be objuted to by persons who are in the practice of sluping with their windows open in cools and even cold weather. But let them remember that there is less danger in doing to, at those times than in the Junimer months. The greater the heat, the more the System ouffers by a small Diminution of it. This is will known I from oad experience in Egypt, andin the last and west prices, where more Discuses are induced by the Coolness of the right air, than in all the rother Countries of mosse, and in the United

covered with Sweat Should were be exposed in a fitting protene , or at rest in any way to a Cument of air. a suntrafs thouse be preferred to a fer. - the but in Summer. The larger it is ands, the enere easily it admits of the boots changing its posture from a warm a crol part of it. It will be unsafe inthe in the Variable Weather of the eniddle States to slup with summers months . Va moden Change in the time - perature of the right his in the night

oftenbas indund Cohies, Coleras, fevers, and

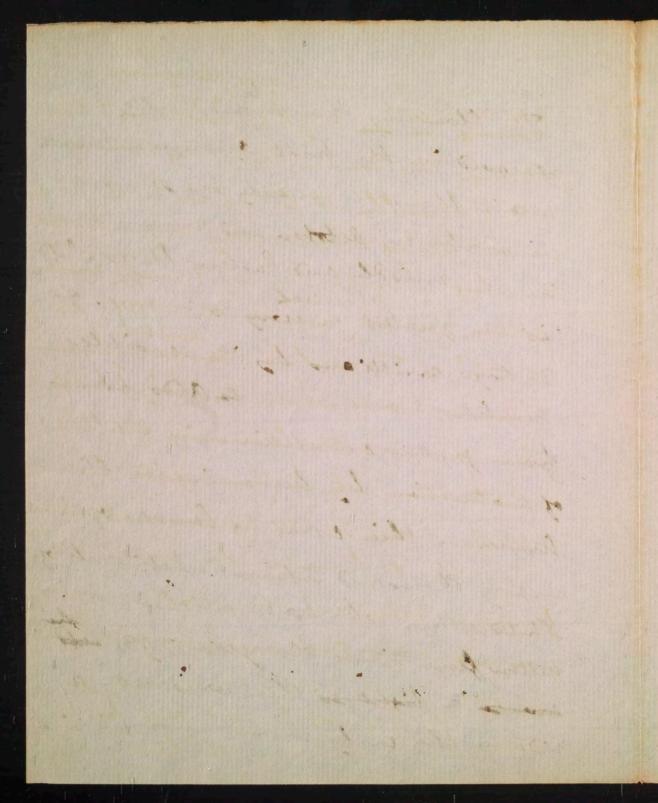
has in Philadyphia

death & It is most transfed angeous after the Dir hurnes charged with those exhalktions which produce

autumnal chocases.

and printing the state of the same and the same and the anne of the many Be he prochage though the second wis to a side the del un demande a train land a fair annales see over carily it stances of these a second of the property of the 4. The total seed a marine the former of a committee that the water when my in an sole feeter to play we say the law some was an every some the west and the second second second The said the said to the said · simulation of the same time a few while the after the die being the word will and the those extended in which perpayer. Contración de Miscocco.

The Clouthing thous gradually en--creased in the first autumnalmonth, and it should be marky the same as in winter, in Ortober and romen ben in the middle and Eastern States. Cold is the greatest every to man. It Destroys millions by its sensible gralities alone, but its aids fivers from putrid exhalations in the business of distruction by burning in the austran this exiting Course. Of the many thousand Citizen inhabitants of Philadelphia who have puished withthe yellow finer since the year 1793, List works a bight in thin waiscrut, a ride in the early morning or mining



air and the want of a blanchet as have have been cloubles at eright, an whole the sluping this case in most of them. Fires thould be made in the Cornz. enem sitting woom every morning to mening in Systemler, and weby whole day as some as the glass Desemb to 62? of havenhit. In sainy weather They not only wasen the body, but They carry up the Chrimney all the exhalations which insinnate themselves into the house in the autemmallments. Tires thruto lihuvise she made in frommer whenever the weather burnes unsersanately cool, and osperially if it he aurunparried with rain: health not worth having upon the tevens of

the server of se the same ingle on Fire then a le mare in the long - ALL working and the same as over the Three in 60? of The menting. in the said and the same of th The stations which incident the strained with the house her the Assistant was the in thouse there in which are and the and compared forther Control and a superior and the same

virgilance and care that have been runn. -mended. Itsin prochased by Considering its immense value it is purchased by there at a small printign require some a drifference in age and sex require some from the Cloubing Hand Chithen propely through wishing provess to sold thouse less from Cuto them adults. They through therefore be clad in thin This abouting thouto be light in Sum: = mer, and moderately waren in winter. This plannel next to this thins is colintated to defend them from the Homach and brush discorse to Which They are 20 generally Indiject in the United fates.

V The delility which appearing the broken life renders it may hable to be broken by digress of heat and Cold which are seld um hutful in sniddle life. The Jonner thruld be obviated by rist; and artificial Consents of air, and the latter by additional Clouthing more esperially upon this heads and feet. as the chath from Cold makes its first attack upon thinfect in the right, they Should be wrapped up in blannel, or battles billed with bot waren water. I should be applied to them when they goto bed.

with the second of the second of the

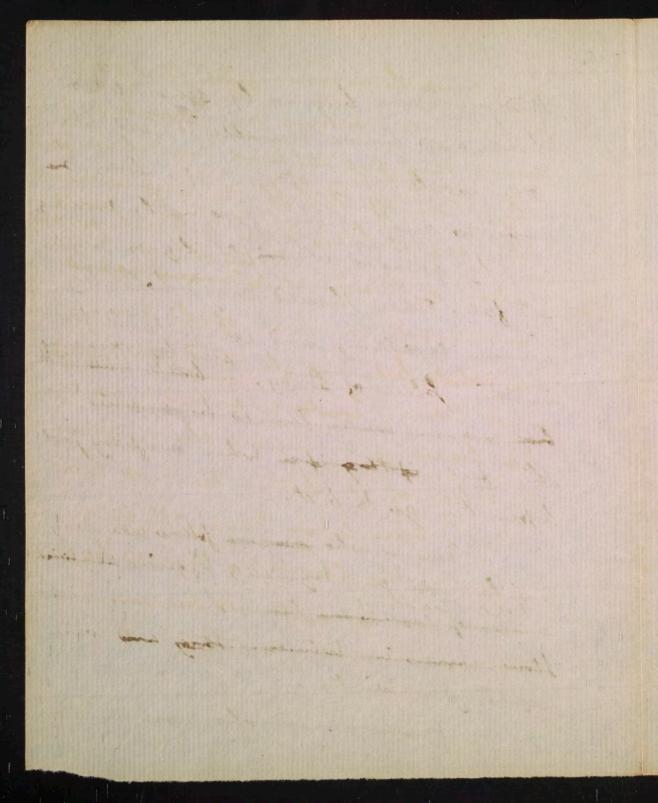
- administration

The state of the s

The young and smiddle aged will mofit by a Shirt attention to the andons for anywhater directions for right. = lating their Cloathing that have been delivered, by the flate and thanges of the weather. Let the former remember the if they wish to be young when they are and , to use the words of a younish proverb) let them be ord [that is wisi] when they are young" It call is one respect like money, the more fregally it is sound in youth, the greater capital it will produce in Old age. Ithe Chatting chean of heat ingold presple , and their instability to device it by labor or extenior ringers and more of Clouthing medpary for them than for persons in ends ourseried life.

Divert the lapset mucho of time upon the budy and particularly upon the gave, the of ow prople this doubting Should not only be warner, but more elizant and founded than in early and eniddle life. there if they said to be young the second of the second second of a thousand The state of the s Applicated the formation of the second the second with the production of production in the special report water from the series with the series the state of the state of the state of The second of th the later who per interest the and have not the many of the same of the The same survey of the same same same same

thedions men burne lip sensible to heat, and more simila to Cold than ofther people. They often suffer from me. - glasting duay of this fires in the evening, and by going to bed in chilly, or with Cold fut. They thould avoid both by waren clouthing, and comfortable fires in this places of stroy, a bottle fille with had weren heater throated be applied to this feet, if they if a when neupany just before they go to bed. -Persons who pros follow serantary muchannial employments regime Artificial hight Cloubling the Risin humanner, and sender of Cooling the Risin humanner, and Structure in winter Hong and waren Cloathing in winter. Truchamies who wooh in the

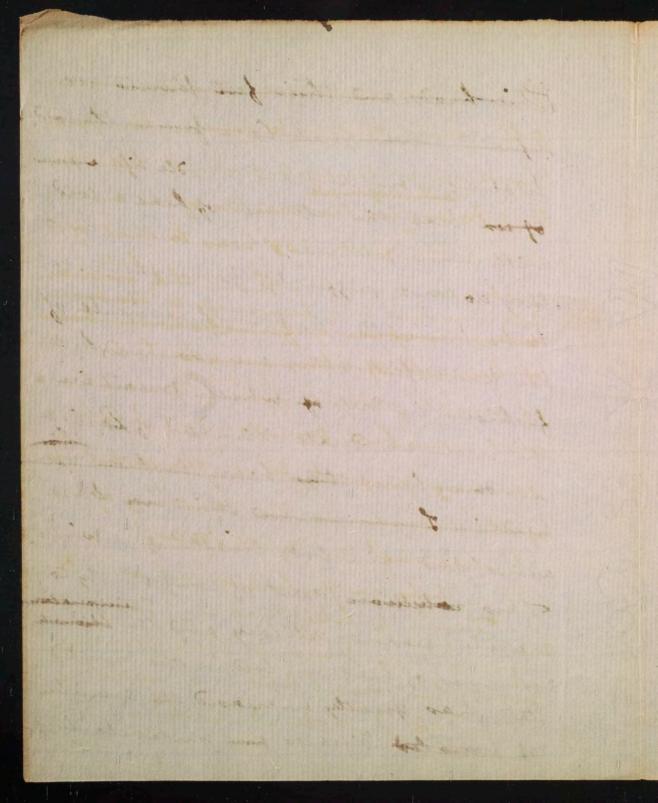


open, also labourers require light Cloubing in Summer. Where men work under Cover, they feel the least beat least when they take of this thirts, and where This nation bedies to the min. The evapor.

- ration of this meat is some supide. Counteracts the heat of the air . Where the botole body and all the limbs, with whole body are into exercised in winter, life Chalking is newpary than where that flats of the System does not take Jolan . after button During the Suspension of labor, the Chathing thous been. - creased, or refuge thould be taken in a warm room.

men and between assessed by the files in drawners. Where man work page lovers thing feel the line best list down who they take of their Historian and a their notes house to the and . It enges and the second of the second o Commission the heart of the air . wife a The whole looky and all the Stander will be Estate today are immedia commenced in largering We Charling is mapping their silene these flate of the System Powered to he blove , africa labour During the Suspense of tabor : the thoulding though be con

this heads and their feet thouse let defended with great lave from the told. Women in early and middle life a power of cor hear the extremes of heat & Cold with more patience than men, but they do not supper lip from them. It is to be lumented that in the Chinate of the United flates, they are governed by the Justions in Drefs of which prevail in The more anoderate Climates of Laris & London . hence there beary Cushing upon but in function this me bare arms and thin body Clouthing in winter. This rebellions want of Conformity to mature, reason, delicary and the think extremes of heat and Cold in the mited States, has yreatly merensed the crumber of finales diseases are particularly of

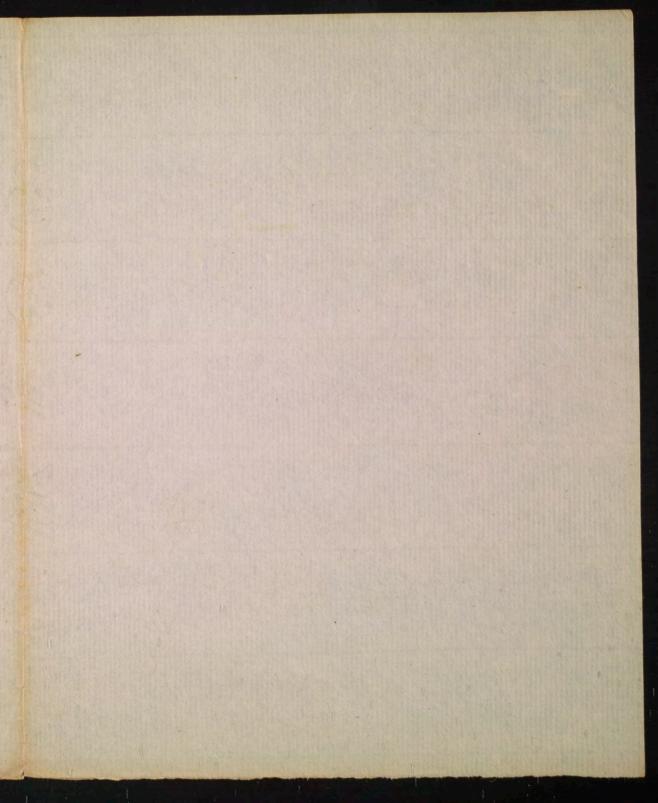


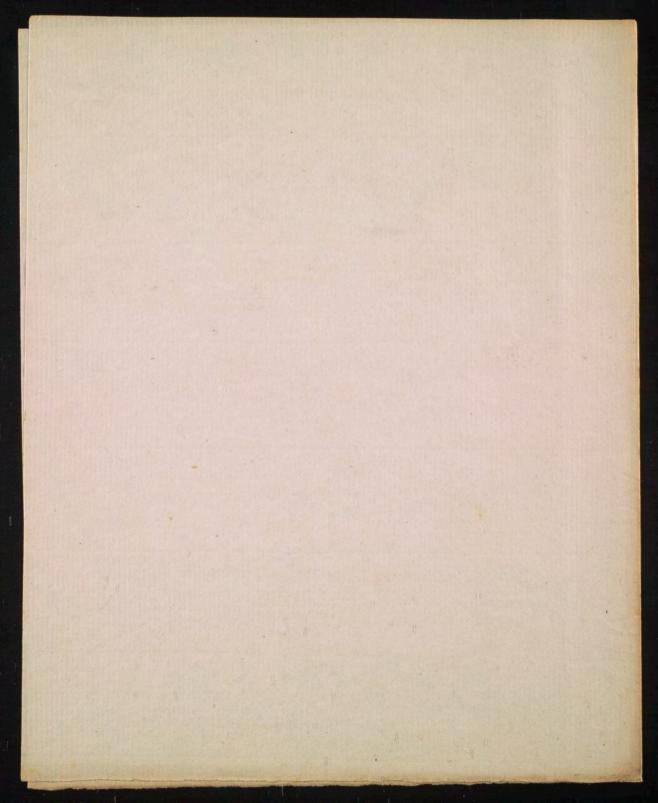
the Justimonary Consumption among tell ranks of our women. The poro: : portion of female patients affected with to their openale that discess in the markin of the Author during the year 1808 was to that of the additions that have been made to the bujusts of business of physicians to the number of female patients from the causes that have been brentioned, it has been said very properly that the makedoup of the homen is the Chathing of the physicians of the United States." butather graffite of frehion From a belief that my fair Coun. - trymen will somer or later reener from this present delinium respecting this dreps, I shall advise them to

all courses of one Warman The form a possible on all former also provide applications that his in the partie of the Mether during the year 108 was to the state of the · There the me is too a short have been to the to have of her of opinionia to of penale potients from the that have been president; it has the with may properly that the ender for of the homen is the santing of the They i want of the Thries the trong bedressed from the to the of the will Therein to belief that my plain will former on dates were this present detrimen suppressed this dreps & whele advice them

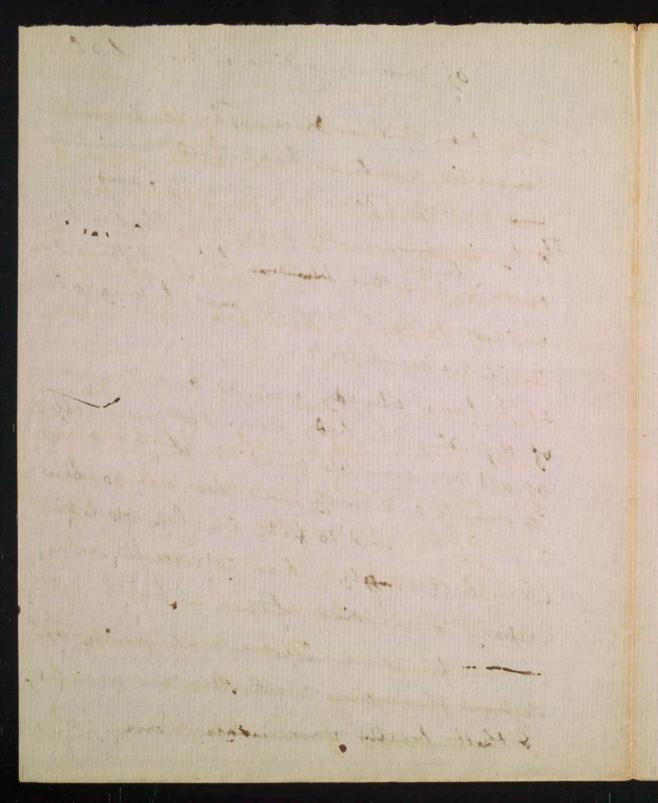
waiscouts next to their spin in Cold weather, and to protect their feetwith beather, and to protect their feetwith lather, show over their worker, or Silh Shows.

man planned many in the con indiscount is the less in and the select of the selection of there were it is sented in to long.





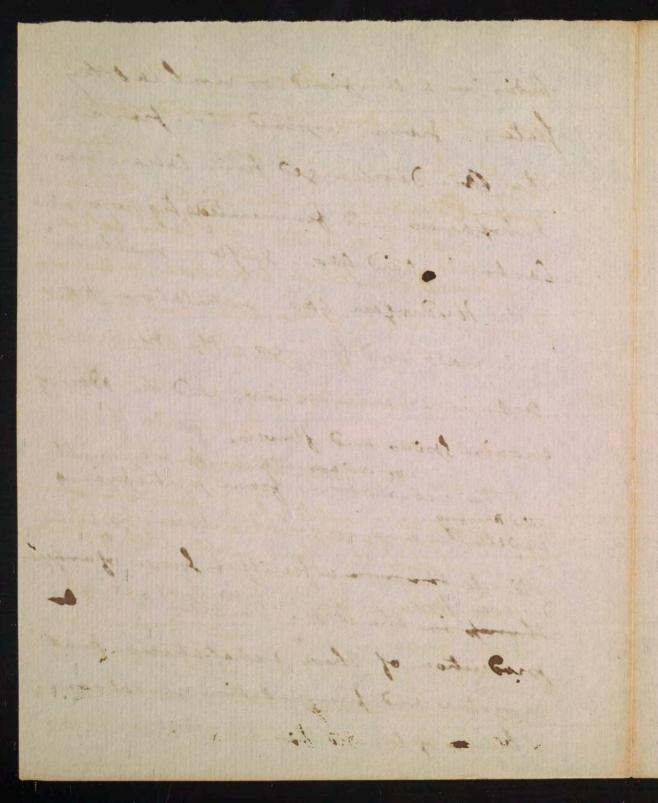
of presenting disenses from bad Cir. 119. The his indones discourthy its fersible Qualities unch as heat, Cold, wristing and Dryness, Density and ravity, and In by its insersible gratities, that is by certain, matters blessed being diffusion mixed with it that do not belong to it in its natural Itate. I I have wheaty pointed out the mans of defending the body from the Emorbid effects of all the ensible qualities the Discount its density and ravity, and these are so fin in mumber, and to finds in their operation who are ningly, that it will be none: - cepany to mention them. I! The frign walter which with chiffred themselves in the dir are numerous. I that briefly warsent theme Simple



as the air appears to be it is womposed when in its healthy flate of the parts w bills the Chemists call as the - Daygen gas and Continue Arid gas, of the frist 72 of the parts of what the therwists call arote, 27 parts of brygen gas, and one of Cambonie and gas. It is proble Other matters order into its corresposition, but Chemical tests have as yet discound me no more than there that have bun mentioned. many enatters are arrised with the brelles air or are difficult through it which are Joneign to its nature, and which are a forme of very discuses. These are eschulations from prologying vrestable of animal Intestances - from living animal

rate of trace the late of their parties 37" and the state of the second state of the secon were sond and in this ger, of the friend states much or helps the Manager could be see by passe of conspers for a page me of the bound to is game. This produce Office seating auto into it seems with in had themas and did have no year from and no wer the per that land from minutes and coming martin are wife are to will be manufact the or are different through it should are from the to much a me of the contract amount the first of the one and Mating have probable supposed separat from him someth

bodies in a confined, or unhealthy State, - from respired air, - from the Oris Discharges from Calvarious hobstanus und fermentidy lignors culled Carbonis sind gas - Inflummable dis called Hydrogen Gas, - ashalations from minerals and Springs - the Hyfluria of certain manufactures, and the odors of The exhalations from putefying called missing and unimal holstances con--2 titule the prom a fruitful brune of unful.
Discusses from the Dir. In order to the production of these exhalations, heat moisture and firmer tation must com-: line . of lourse they exist only in



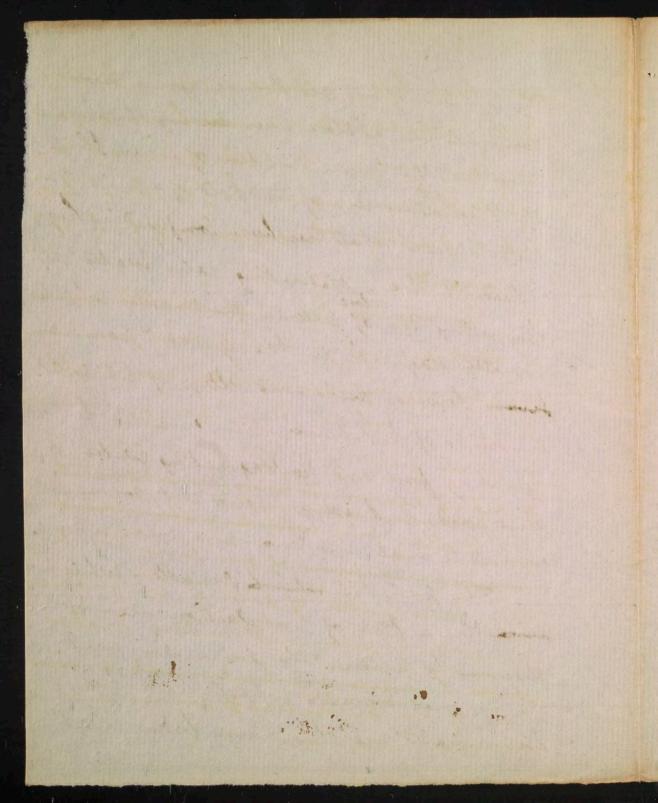
but Chinates, and fearous. In the United poseliar discases they Induce their roading effects only that the framer and Austremand months.

That there are yellow fines, bilious inward from, librarithents, Colin, Colin, morbus, Dyxentry Dianhea Holledinia, Inflammation of the eres, and head ach. The energy of defending the human body from these diseases to pregnent and often 20 father into the United States divide them: : repres into two heads of that The Vegetable matters which have being found, to produce these this formed able Clap of discours, are cahalations from marshes, Cabbage, potatoes. pyper, Indian meal, Onions, enint, anisced and curawayseeds, Coffee, Chocolate Shello, Cotton, hemp, flax, Chan, the Canvapo of 00 bes tents, 00 broks and paper Enony,

the Marine Sur James . In the United the the fire for the comments of the series the former of the house of the second second applied the section filling for the amonth of proposed line to the when Describing the market Brylancon Sing is the com The principle of deposit of the find the second of the month who was "no father with the Marker Harrison" cather into his halo of other are come the one stirms and commingations lefter health

the tember of an Oa house, grun wood confined in a close aller driving the prumer months, the green timber of a new Ship the Stagenating air of the hold of a Ships, Bilge water, water that has been confined in hog-: Thead, at hear tagnating rain water, the Stagnating air of allers - the matters which in wally Hagnorte in the gutten, Common Levers, Levers, docho and alleys of lities & in hinks of Ritchers, air emitted by actating four and the stagnating water, a chekpond, a hogstye, week cut down & exposed to heat and moisture mar a house.

The animal which Irratters which when he in a flate of produce the summer and observed to produce the summer and automad discases which have been enumeral discases which have been enumerated are human bodies that



have been left unburied upon a field of battle. Latter buf &pork. wo hides confined in Stores, and in It's holds of Ships, - a whale thrown upon the feathore, large beds of Oysters, - the entrails of fish, and privies. The sources for wiggesting the means of defeat preventing the Discases from the exhalations or miasmata from all the Sources which have been encented I shall fist mention the means of gracing against its most watigment billions, und matigment the worst 200 lyment from of our Country, & then take notice of such as are proper in all the inferior and emilder grades of the Lugariner and Antermal Diseases that have been mertioned.

+ The directions for forwarding which Jullow are an abridged extract from the 4th volume of the author's meti. - cal ingrines and Observations. They have been read chiefly by mitical gentlemen, They are now put into a a Varp which will render them intelligible to all Clapses of readers. Some of the directions have been introduced in the former part of the autours thoughts more im. - Impire home being repeated in a Councer, that are related to them.

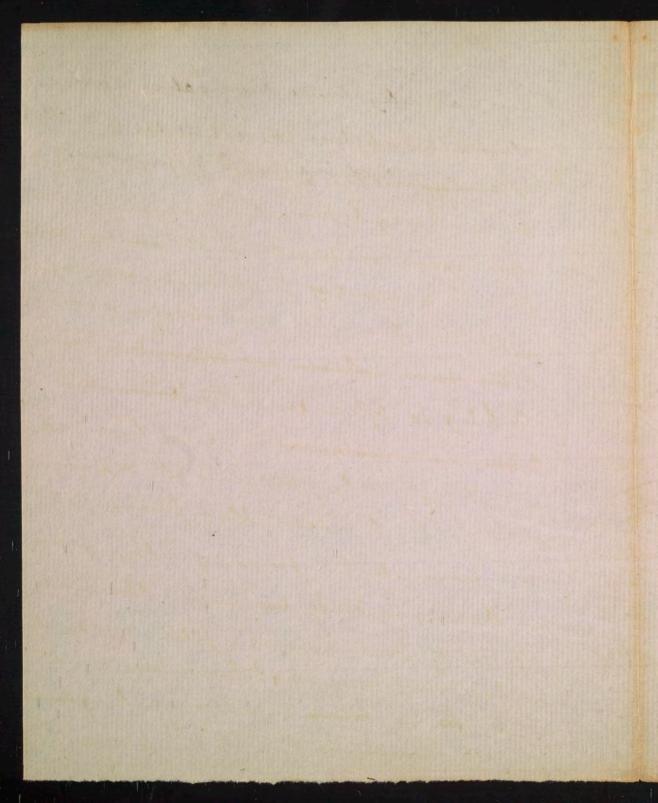
where buy week it was the

the morning of freely to the fleriched

These naturally divide thems alves again,

- here introduce from >: 178 to 220 of the 4th

where of embied inquiries & observations:



Health and life are bountrines endungered by minomath which are discharged from king booties when confined in close rooms or apartments, are and where that is a want of Chambinep, and of a enthicient grantily of wholesome provisions. the fever which has detained Toson its being to often generated under the about listermolometer in jails, hospitals, and Phips, it has Obtained the name of the joil, hypital & Ship finer. It Dif-= fers from all the forms of bilious fewer in Appearing only has under the Cirum - stances of Confirment, filth, and scenty on bud provisions that have been menti: = bould, for in bring enver prevailing beyod generally thereof a beyond the places in

V In attacking persons of dibilitates habits chiefly, in not being attended with runifions or intermissions, nor with hilions discharges in smely with influentary Symptoms, in being of a more modrated . or of longer dunton,

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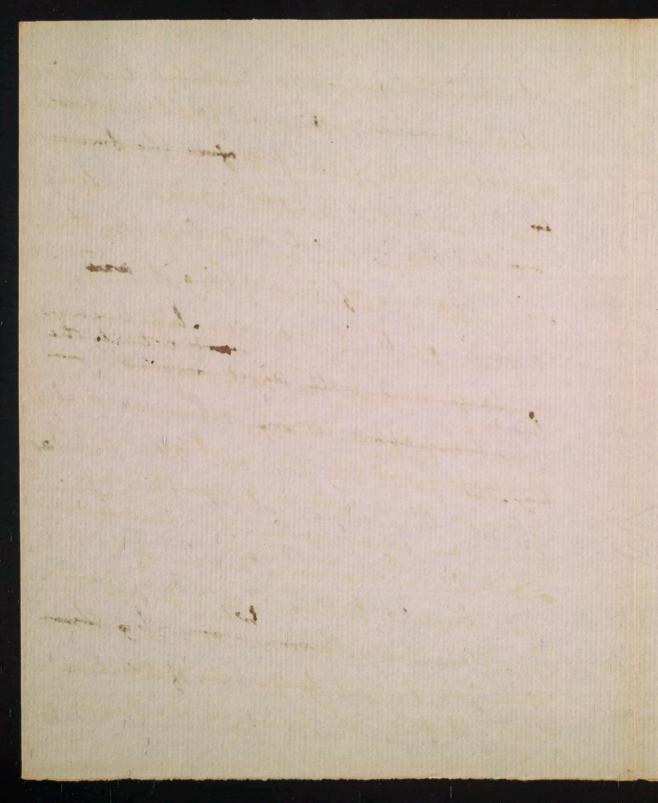
grade and applied more and to make you

and with the same of the same

which it is generated, in being contaging, when pursues pulisposed to it are with exposed within ten feet of the former to its enius mata, and in prevailing on chiefly in cool and Cold weather. The means of preventing it are in avoiding all its courses by coments

of large and well aired severes, by

Charling and by more ispirially by the four hinner and other articles of horily Cloubting, which by confining for about time, metrid, acrid, the perspisation surrent puties, acrid, and thus disposes it to produce fiver.
The cloubting thomas worm by the inferter, retains its prover of commun. = wicating the disease for enval envults.



It should therefore he carefully washed, or distroyed. Huppily for the puple of the United States, the ample, or Comfortable aurumendations of the poor, their Competency of Worthing und the wholsome food render fevers from human miusenata very unionsenson in our lountry. Respired air called by the Chemists arote, withogen, and wmetimes phlogisticated air 4 her boufined, modues discores & death Di branklin informed me that the whoten 12 Habs the ingenious Anthor of the tradise upon Vegetable Staticho, had informed him that three out of four persons had puished. with analyzant fores who seated themselves mar a hole in the Citing of the horses of

an destroyed the Bright to form the property of his three plates the week the son the wind of meners and the said of the printed the second second second second The state of the second state of the second The state of the s seem en in paris somewhile and the first first his the the second of the in the plant of the second of and the first property and and the second The regist him information in the st have and when the & B Freder Har war and hardens of the history Maple of State of a information The thing the money of many to be made the total the same they were for a who seated them will was a fulle in the Caroling of the Languer of

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Commons in order to takes which which which which which the Sichness of a Michigan often contract in cronder schools is Denied Chiefly from the Air of the School soon being overcharged with respired air. It is rendered more unhealthy when the busut air of lamps and andles which is of the survey mature) is added to it. Disease and drath from these airs is tobe bruented by providing troubed worms, on by frequently track buly as are well ventilated. Theore this die being lighter than common his, the tree pupage for its exape out of a room thould be in the upper part of it. the lowering of wood and Coal to fancinalife,

V The air impregnated with the funces of had, is and which is so injurious to all three artificusthat injurious to all three artificusthat work in it has been rendered in:

offensive by a diet of fat ment.

offensive by a diet of fat ment.

bil of any kind taken plentifully bil of any kind taken plentifully have to as a limited to hy toward aliment is calculated to hydre toward aliment is calculated to how we have saturary effects.

THE RESERVE OF THE PARTY OF THE

It then their litting or theping in a worn in which this air is confined thouts he carefully avoided. applexies, and dealte have often bress induced by it. The air from husering Chambal, Calea. rious unelles, alhabis, & fermenting bodies, I which is known by the names of Cueto: = vie hird gas - fixed Air, & Snephitre Air Often produces goddiness, hickness, hand ach apoplety and death. It is sometimes found in a single thate by nature in wills, Cones, and upon the Inface of the coult. It may be known by endenly exting Excishing a Console. This some test of though the Jeter from its presence in sufficient to Deter from eaguring ourselves to it. The Other Sources of impoure his that have been mentioned are so

V it will not be neepary for us to live or to travel with a Sudiometer in our hands to determine the impurities of the air for the Contrary

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uncommon in the United flates, and so rarely hartful, that it will be running any to englist any Continues to mount their induing wither discuse or death. -The facts that have been delivered upon the Subjects of Elouthing and air if attended to will save much trouble in detailing the lituations in which health hipe may be prosoured to the side with and life may be prosoured to the side most advantage. With the Advantages = une and reason, no spot in the birtis thate's fourth be considered as workently. the fitt mountains and the Vallings from the sources, and the formanys to It living, and the plains remote from them, the fands plains remote from them, the fands of general the formaine

V deficient flate of know hose and industry in individuals and public bodies with Discases from the insmible quelities of the air,

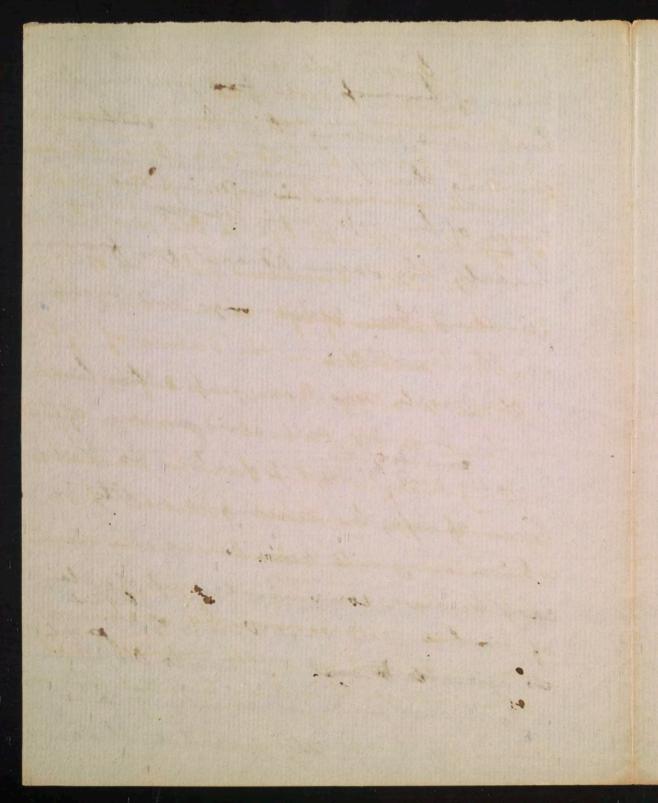
- ALTER AND THE PROPERTY OF THE PARTY OF THE

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may all be inhabited, and by persons in good health, and the discours incident to cache of them be avoided to this over the not the Case, the greatest part of our globe was his was made in Vaint I may except from this general annarh, pessous pudisposed toy provious debilitato. The Lituations with putions discuse. The Lituations with respect to air , as well as other things which are proper for such persons which which be to ken In the present flate of pour thanking to benefit will be derived from the print the fair by the following Chapes of people. Children home in Cities Should pap their Summero for the first seven years of their lives when prosticable in the limity.

generally the secretaries and the secretaries in your Lintell , and down the Discharge weeken the contract of the property white the same of the same of the same of the The state of the second state of the state o A Committee of the second the same of the sa The state of the s arriver of house her o the sure of hard on the law by the following Sofow of prophing and play as well with them line when proticell in

men of business will find preserve their 126. health, and prolong their lives withouty your of husiness, will be her Derive marly the same advantages from yourding their wernings and rights in the Country. Old people who have paper this lives in the Country will avoid many of the much of the Discusses and Distress perseliar to this time of life, by retiring to a lity in which they will have bourgary upon . casy terms, - convinient auch of a place chaial of worship, and that Variety of aliment (so agreeable # muspary to Old, which is to be und with in much greater abrindance in a city market than

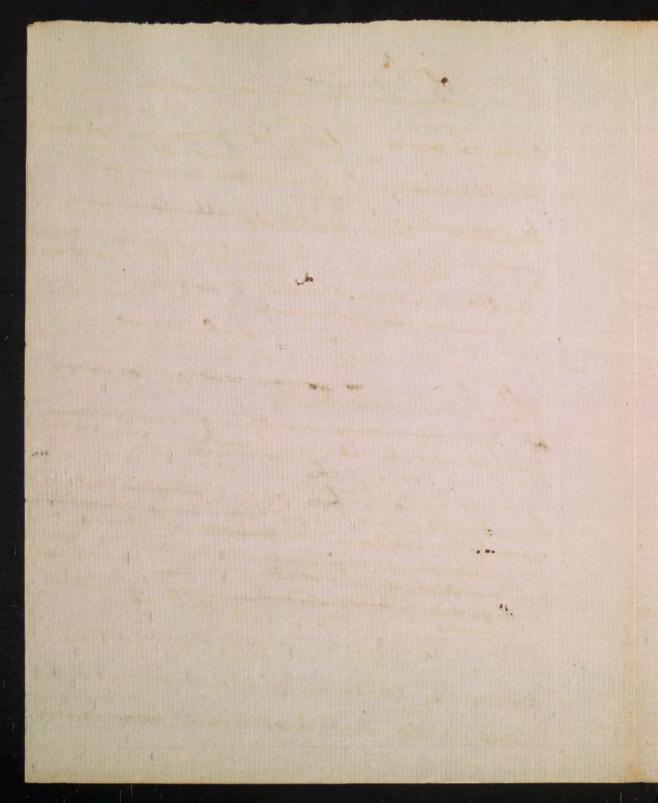


a To people afflication warm I Change from a Cold, to a Chianate min - franky warm, has often added years of life health and life to Old purple. The wealthy Romanas atirus of Rome in the decline of life as removed to naples, and the in the duline of life, and the wealthy Portriguese & frequently migrate to the Brazils in order by getting nearer to the fun to partabe of distances protract bureath his Stimulating and Certiful heat, the Duration of their lives. - and manufactures in companies, and in small rooms (hould Often Change their air . res pathol: or throp:

Mary from a loca to a Character me the sale of the way and amounted appropriate of help health me life to the personle. me solding Romania Collinson of Element a come or spirito animal and in applier more than in the prefere of life at the headthy Participant & property ignate to the Parent to in growing they agething more to the to promise to in a super for where he had him. Court you was the way of an "decoupe thing him is y that, y Though

of Exemise

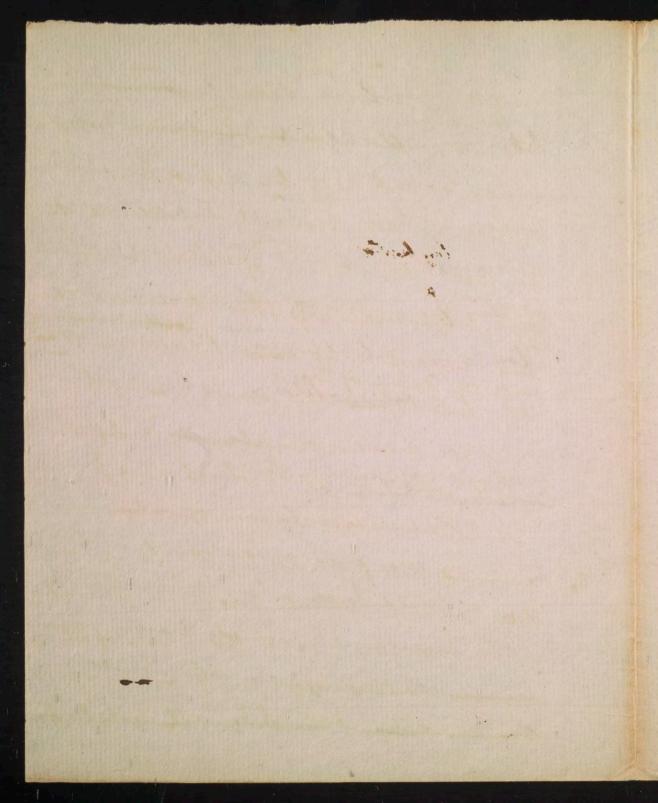
The human body is to contrived that the actions of its muscles is needs any to promote the Detron of all its offer forto keys up the builthy actions of all its other parts. This is to effected by means of labor and exercise. was not only the means The former to the fire invener & but the Condition of manstrusterne in paradiol. It was the mhugine of the fire of in paradiol of the fire of was it is true of himself was it is true of himself was it is true of himself the fire of the fire o to as to be carried on with original pleasure! nor was he Daymined of it from it Ofter his fall. The objects were extended only from the garden to the wildings & the field, and the degrees of it were redes



were made maniformy to his hobsistences to mucho quater un to extor were note so great as to indue a Sweat with hupon the house of history with Sweet. But worth in this Change of the Objects and Degrees of labor Thousands to be still kind man. The discourse its kind up had Changes which his & introduced into his mind that as well as his body rendered a larger portion of those means which were intended to prount with merepary to suffer it, and the much much of this additional labor that his brown, became his brown, the means of rendering it inof: : finsing to his lous titution. The buth of these remarks is manifest from the good health on happings &

Control of the Contro the contract of the contract o Samuel La Market St. Co. Company of Branching & the second of the second secon the green of the land of the same of the s the party of the party of the same of the the transmission of the state of the same and the state of the same of the state of The same was present to the same with the same was to the same with the same with the same was to the same was to the same was to the same with the same was to the same was to the same with the same was to the same was to the same with the same was to the same with the same was to the same was to the same was to the same with the same was to the same with the same was to the same was allowed the later of the said phase and the second of the second second second suite the manufacture manufacture a Continue and the second of the second decimal decimal of the second decimal dec with the same and the same and the to him he was the second with the religion with as the particular tracking to the times Horaco the good hadell in they have seek to

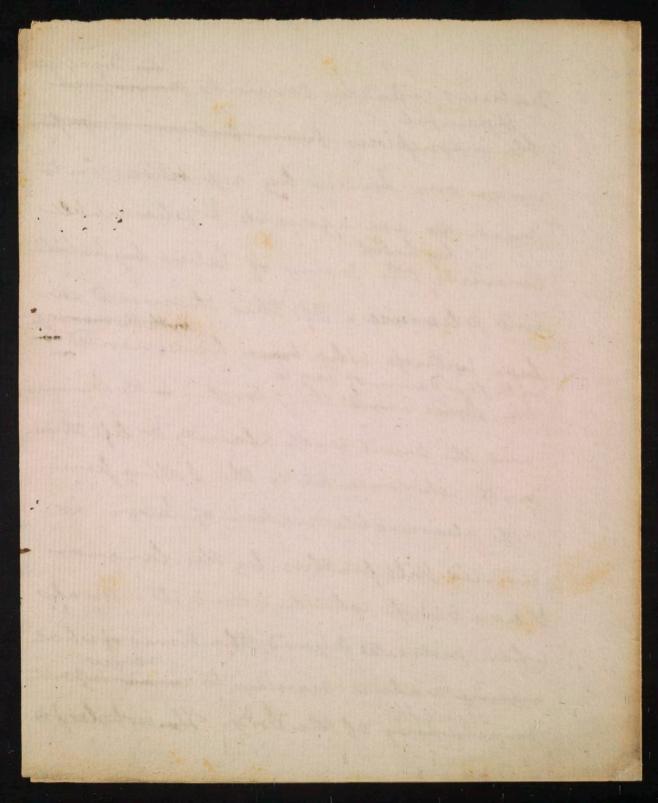
longevity which have accompanied lahor in all ages & Countries. Where it has been Otherwise, it has been because tyranny has rendered it exceptive in its Degrees, or Dyninis the hely uts of it of the Greantity of aliment, and Cloubling which was mupury to render it tollerable, or where folly the Use of anderes Spirita. I have said labor is conductive to the the preservation of health and the come of brie, book when enburitted to in the degrees intended by heaven; itis always attend after a white with



natures which Converts printing

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ble imprepions from Cuttin important upon our denses by repetition into such as are agreeable & pleasurable by habit converts the Isain of labor by habit bear witness who been have resorted to with the Dawn of Day to with the Dawn of Day to the plough, to the humans and the amil with abacity & left them with reluctance with the Sitting fun. Its pleasurable nature of labor is winced Hill firther by the languar I even dishet which attend its intervals when protracted beyond the times of which Theright of the body. The bedeing on

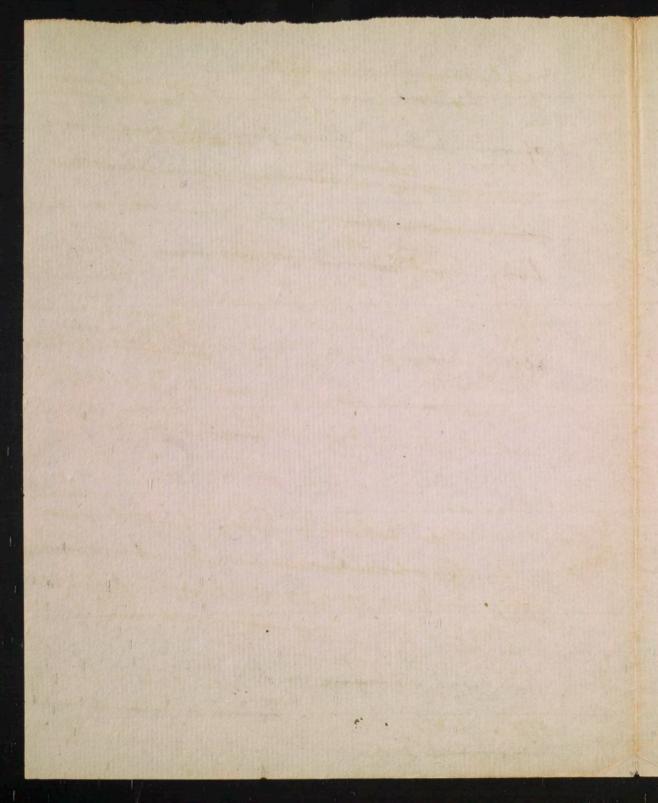


obvious & acknowledged This history friendly operation of labor of one leveres has often consolid the author who is marting the which body how to me to suppress belief that it is attended with the sure effects report other animals, and thus calculated to our surdenate and reconcilet us to our surdenate and just exactions of it from them, for our benefit or our pleasure.

the However mupay, useful, and men pleasant labor may be, it is plain that the business and duties of willing so:

that the business and duties of willing so:

exists plainly indicate that it cannot be universal after the anamus of its universal thousand the anamus of its original institution. Pour a ferror of its injurious Junglet by buffering from the

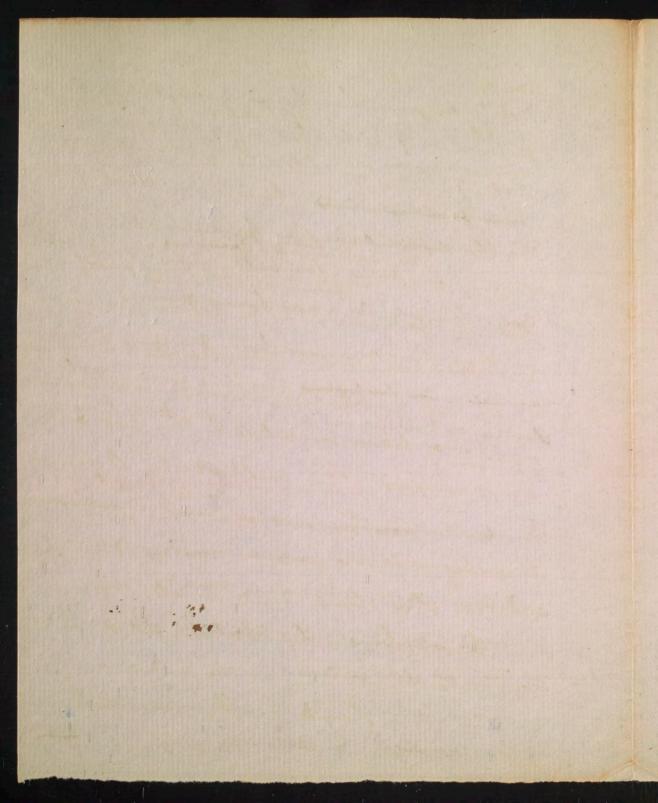


nighting it man has resorted to hurrise as a Lubstitule for it. It has many of its advantages, but after all it is so far inferior to it that it carries with it mushs of its digg its the last man fto is with all its advantages, it is much infraior to labor in Its. Then our see god made labor but man made exercise. If were Useful atta latter many by, it carries its inferior origins to the formed in its being less constant, more partial and often and deficient on exuficie in its degues than that which the gift and Command of Ewilfreine Her following & Classes of people Land I Parsons wholly winds in affhunt & independent arcumotances who are not engaged in busines. 2 Stadious men who labor with the lead sedantary of lives. 3 artificus who labour with only a partof their bodies, and 4 hovaliss.

A STATE OF THE PARTY OF THE PAR Contract the Contract of the C The state of the same of the s AND THE RESIDENCE OF THE PARTY with the the same of the same

Bodily exercise has been divided into active papire and into that which partates of cache of their or that is of a mixed nature. Itis forther dried To the active exercists belong walking, min swing for bull, fives, Criticit, ning, jumping of out bull, fives, Criticit, golf, thattle Cock and forms others. To the pupine exercises belong riding in a Carriage, La Loinging, rocking in a Crable Livinging riding in a Carriage Asailing do To the mixed exercises belong, riding on hombach - rowing, and some others which are taken finn lahor such as rowing, digging in a garden, cutting Krawing brood. The following rules should be observed in the Use of all exercise.

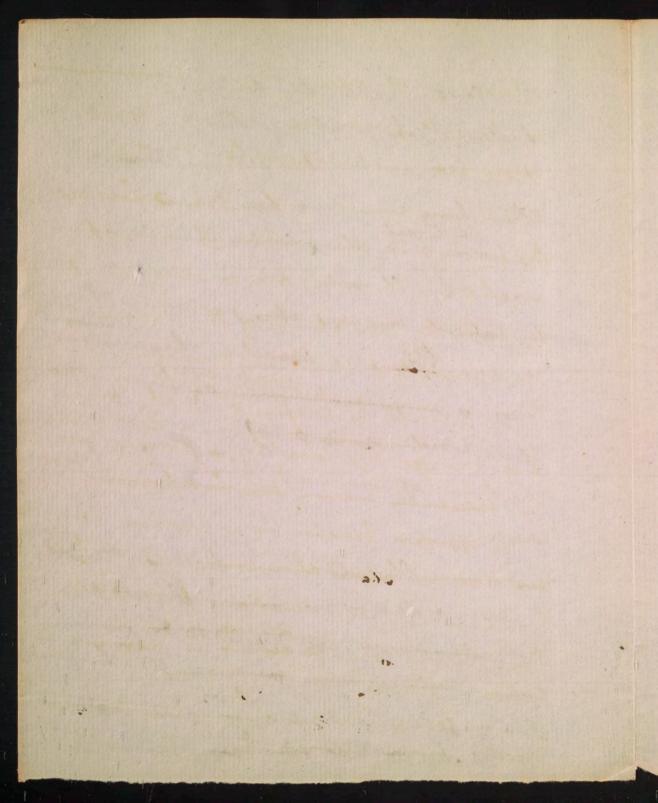
I the whole body thould, when madicable be exercised. In this way way part ofthe



to of it will be alike strengthmed, and thus an equilibrium of health beforeserved. Exercist moreover can be protracted longer in this enanner, were benefit be derived from and of Course were benefit be derived from it is partial in its operation tion. of this we see a failing most in The left fatigue that is felt in chinsbing a latter in which the hands are imploy: = cd as well as the feet, than in walking up a pair of theirs in which the fut only en exercised. In Williams, the Ansons envision men, among civilized men, among civilized toutions, but this not the Course in Consequence of which they there in a hould chepee with the lower limbs in the longist of that exercise, but among the Indians who employ their land in Thesporting their blankets around their bodies, this is not

. 13 14 Shirt 18 14 14 Survey of the first of the second of the second of AND THE REAL PROPERTY OF THE PARTY OF THE PA where the state was the state of the panely description of the second ment and the second of the second with the second of the design displacement the design of the give wind the state of the second track to the same of the sa

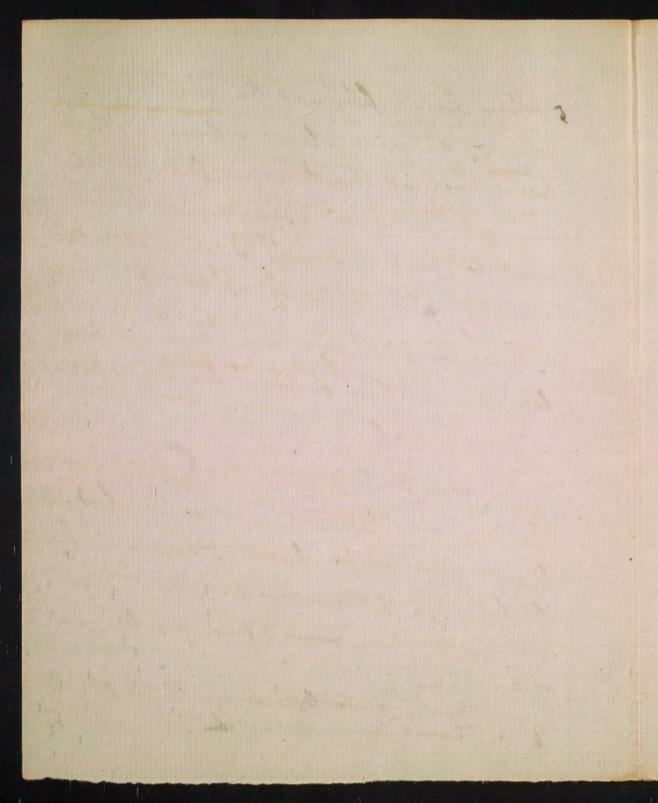
It case, hence they become fatigued some healthing sooner than this initized nigh, -bours. To obviate this fatisme they in their long murches thay take up a thick of wood, and carry it in this arms on upon this thousand for an hour or two, hy whate sounds they and their thowit this to an equilibration of they in the of their whole, and remove the Sense of wearines from their lower 2 Izenise Thould mun be used that it indrues fatigne. Person front disist from it , as tot are mueted to do from esting with a direct for more. Whenever this is fell, the System is predisposed to Discase from and the Bris Persons thould



desist from exercise, as we are disented to thoute from an enting - with an Disse for inclination for more. 3 It is so unsufe when us 2 before breakfast in the morning, and after night in the open air more expanially During the puralence of the diseases of the Summer & autumnal months. It should be preferred in the open Dir in of my weather, in estremely lacer the hot from the effects I recise in a bearing close bes room alter the green not only en. = creases the perspiration but altersits qualities, so as to sender it assists to produce disease. a proof of this was meny : tioned in for the last page of the Chapter upon air.

a transmission of the manufacture of the same of the s and the same want to them have a star forth Succession the morning of and after Burning the second former of the Department of the and the second s and whomas to be properties in the species were appear to a series of a contraction of the series of The second secon The last the second and the second and the second s and the second second second second second on line aliens the desirement of the desirement of the distance of the

sloben hvet flames be avoided in the Use of exercise, but where it has leun indued, the hinnen should be Changed, or great care through be taken not to rest undenly in a cool place nor in a Cument of dir. 6 Exercise Hours never be used in less than there or four hours after a full meal. 7 In all the different kinds of exenise the Dup and lighteres upon the body & lignes Should be loose, Otherwise by the Iwelling of the enuscles, they will give pain, and thus me defeat the benefits & The should be forthe to the fituation in of exercise.

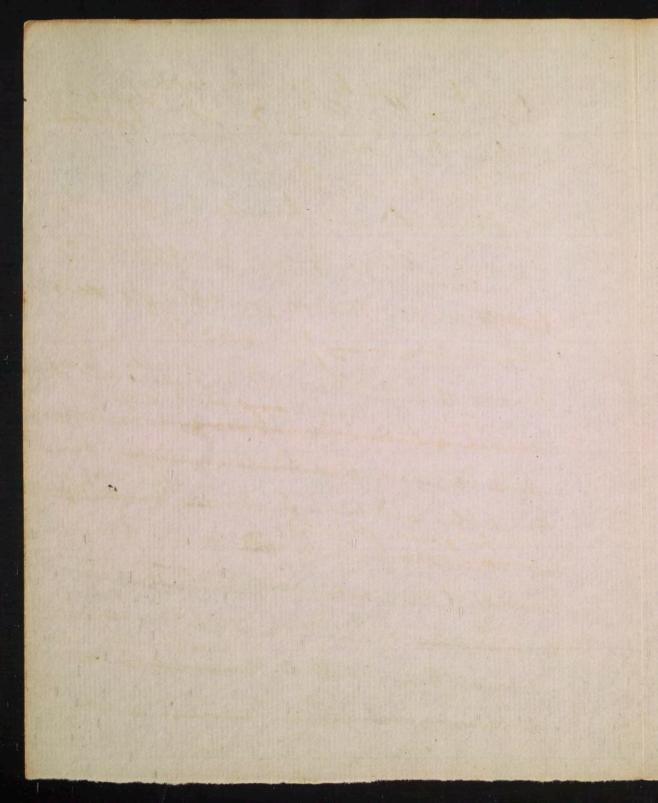


life, ager by, occupation, and fearon of the years be cater doing the day, and until the journey of the day is over , where and if there is a disposition to fatigue from riding, it will be useful to walk the floor for half an hour before rest be taken either in a litting or lying posture. In travelling upon foot, sest Thouse always be taken in a recombent posture. The emiscles are thus canally emains of their equalized. The excitement equalized. The elifton of was first thuch with the book relief from by Jatique obtained by this practice by the surphitionary war. I allien of the army during the surphy minutes for light lines from her but twenty minutes after lying down for bull andows a quarter or bull an hour upon the grafs, they rose in an alextronner, and ran to their quarters as if they had just risen from their beds.

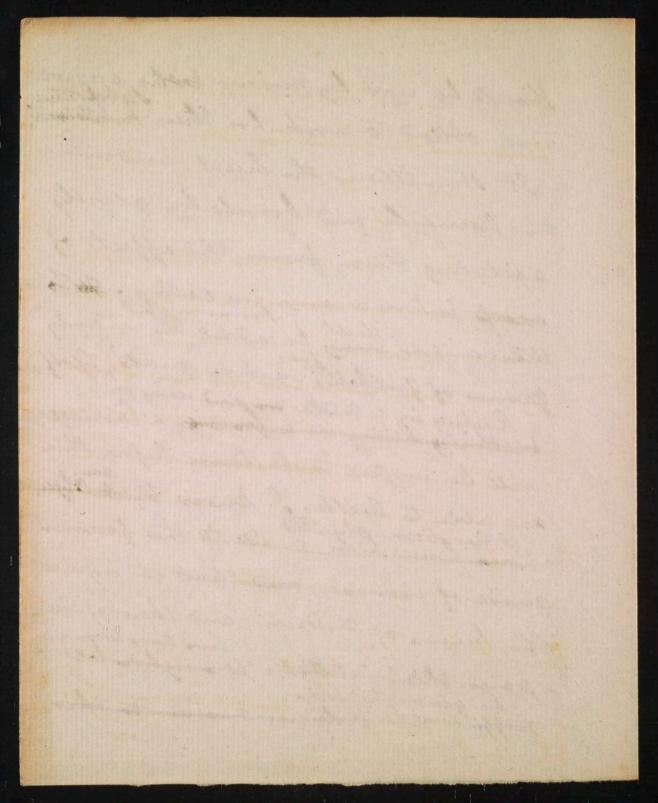
market for the second The state of the state of the state of and the second of the second o AND SECRETARY OF THE PROPERTY OF THE PARTY O The state of the same of the same and the first free property of the same of The state of the s The second secon and the second s

Exercise thouse he mited to fituation in life, age, bemption-fenson of the ayear, and predisposition to particular walking is the bist more of exercise for presuring health, and should be Infinio by all persons who are & in easy circumstances. It exercises all the and particularly and particularly a torne - stant of Din and but chiefly the lower himbs in which the except of thow themselves. It promotes perspiconstant he = ration, and carries it in = - mediately beyond its influence by a love: - stant and fuels bropply of fush air.

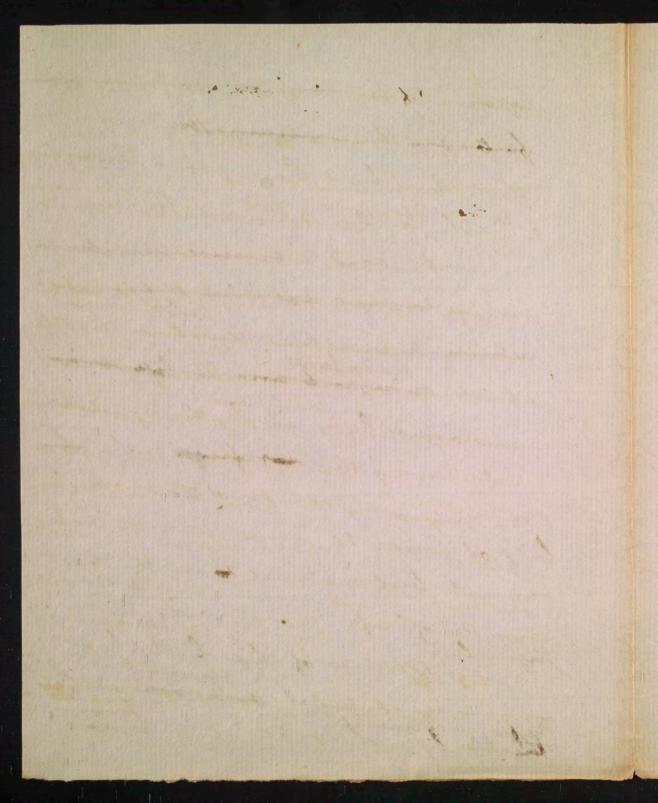
next to walking, riding on horseback



Thouto be used by pursons tooks are not sybstitumes, not obliged to work for their helsitations, - It strangthers the burst, and ristores the flowered and bowels by gently agituting them, from the effects of there courses was five added the many games of fortball, Crithet, quoits, Golf, Roching in a craste wigand riding in brathing his Carriage, will be useful to aridien before they are able to walk. I know the Objusted - the former mode of exercise, and that it injures the brains of Children, and thereby imtwo answers may
-pairs this intellects. It smight bell
and the given to this
sufficient to replaying answer to this



Objection to say there are no proofs of the factor on the Contrary. He wisesthen that ever lived, have paped through a hadle to this eminent Stations in The world, and 2: exession similarto which approaches marest to that to which as infant is amparts life it is accustomed before its birth Inoullopethe topings and turning of its wortherin bed; of course it must be not only agreeable, but natural to in the first by its quite by its quite by its quite franches; the invox the invox franches in supporting the flagge of animals in supporting the the flagge of animals it is in its many



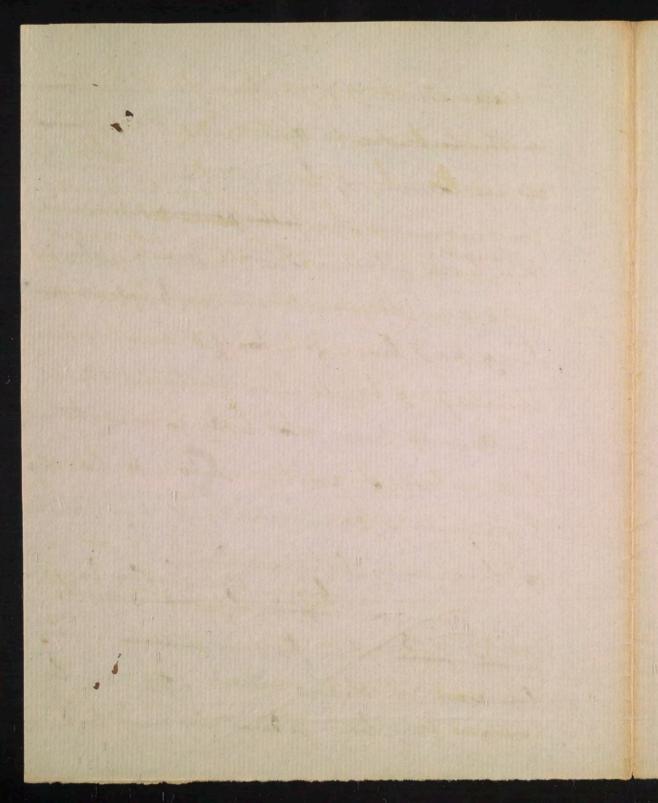
both and forming state. In youth and widdle life the exercises Thomas be walking riding, jumping, aming, scating, rigging in a garden outting atawing furnishing, wind the more active garnes evon, which have been mentioned. In of age the exercises then to butite There of infaming and Andros christly for a prefix restricte . Riding in a contract balking in a talking and along, on the thing Dinging. The three last, by the impetus They tapped to the blood in paping Through the hungs, invigorate the whole System. The transatrice Disposition - lo in old the is one of the thought high-=ments of this lives, and the greate facility with which they are able

St. A Grandelle of Consultation and St. St. State of the state The second secon A STATE OF THE PARTY OF THE PAR Commence of the second with the same of the same of and the state of the same of t The first war will be a second to the second I will be made to the strength of the strength white the wind with the wife, and while

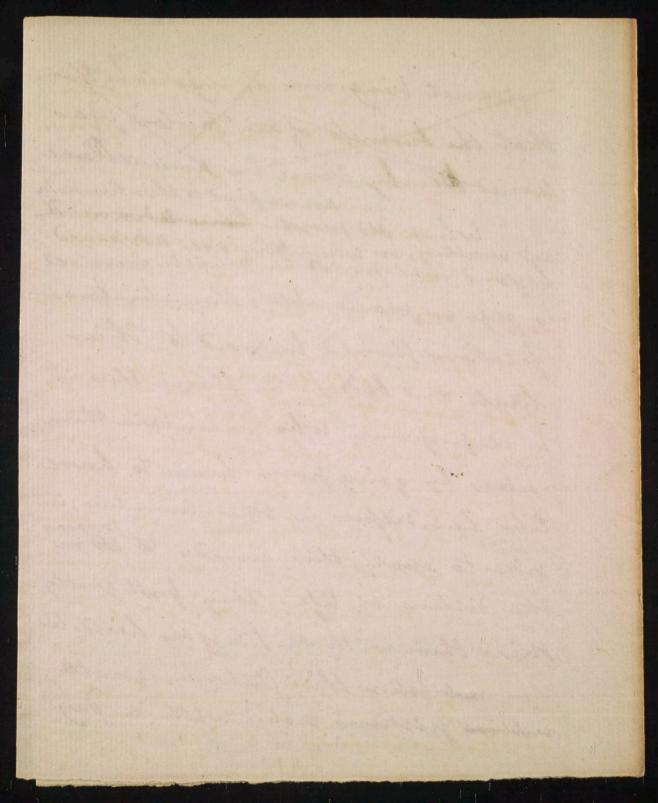
to exercise this disposition in litres there in the Country, is One reason why much de instances of longerity are more Common in them latter fairnes than in the Compting places. I will practice physic [said an Old physician in Ingland) as long as I live, for by if I retire from business. I shall be directed by the world, and have no body to talk to, but while I continue to exercise my propelion I can compel my patients to has my Conversation.

Thomas from the quester exists

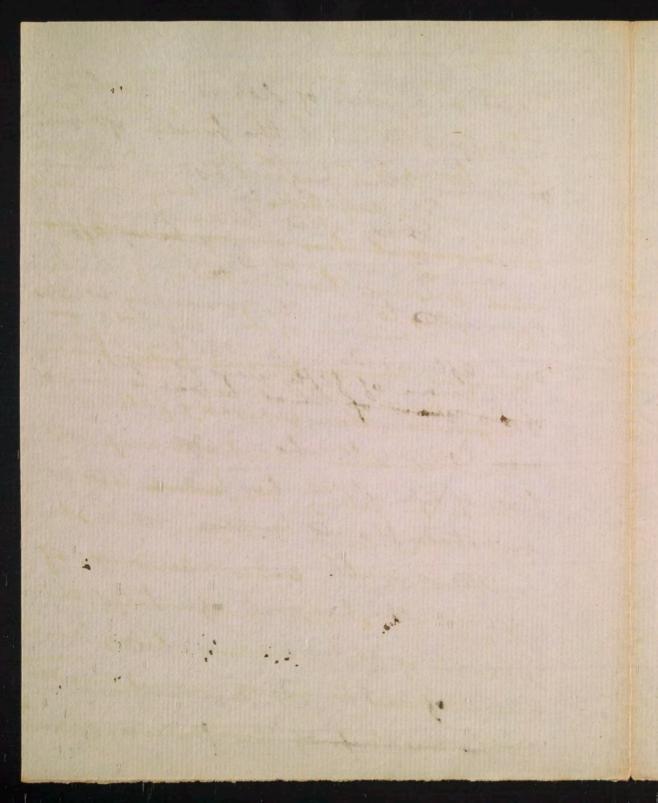
- bitts , of - bitty for their hytern willing region les varise than onen of was be-- cause they love perantary errop loyanuts



without being much injured by them that the business of the Taylor was Curried Der by Chan in knient Rome bud weather, or when they are advanced by by that period in which exercise is safe or masticable, there himles no fristions thould be used to this hinds and bodies. In China there is a clap of men who maintain them: = selves by going from house to house like hair delpers in other Countries, in order to opply this remady to the in The Delline of life. They frist gently Hishe them with the Side of the hund, de Item not follow these strokes by gentle matting frictions with a day



hand, or a price of filh or muslin impregnated with the probe of mysh, gun. It is called Champuing. It is mid of 65 after having enbuilted to in the morning walks out afterwards with the complexion of a 2nhn of fifty years of age. It of the 50: year top grupple who are sir mus to that lage of life which has been called De-- cripitude thrite bes they not be per-- with to walk upon unever your without the hypnort of a Slaff, or of what will be much better the anhe of a friend From the whom of the weekings of that flate of the



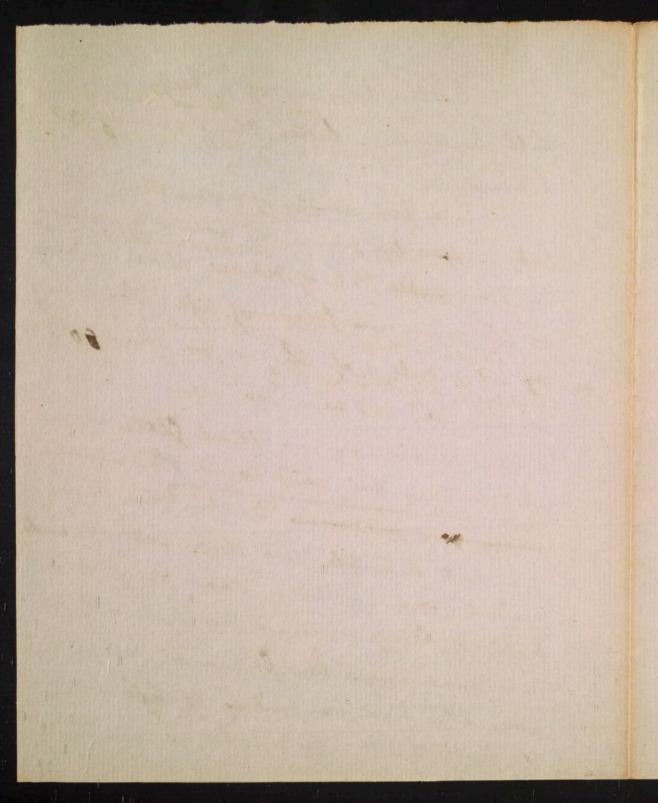
Lysten which takes place in infancy, they are disposed to theight, and from Thus losing a prompt command over This voluntary actions, they are unable to there but this know so he to prothat presume their centre of gravity by the balance of this arms, and to Defend their beads and bodies from Injuries, they generally fall, and from the same inability to project this arms in falling, they whole often injure this heads and Jametimes buck or dislocate their bones. anidents of this kind art, very common in the martin of all physicians, they thould be presented by never permitting of all prople to walk upon uneven ground.

V Stradium men buy hird to very old V Stradium men of green have sport the light of their hires in their closets for pears of the pain and disease. The celebrated on Bayle biod own but the wo other an Bayle biod own but the wo other fine than that of his enouse is great from years for before charing from years for before charing the greatest part of his tipe. But these

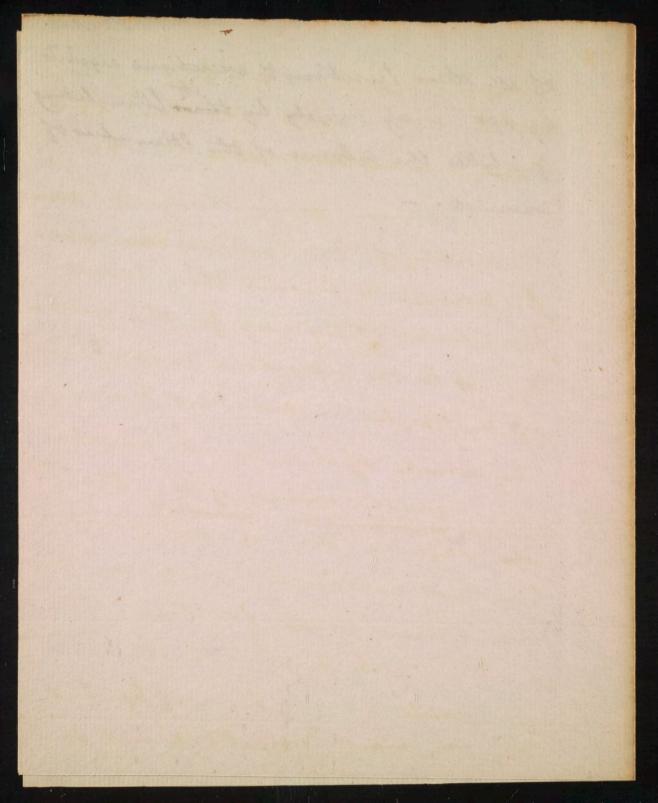
for the course of the same of

138 without the hopport of a Staff, or what will be much better, the arm of a It is a fact worthy of notice that the boly suffers lep from the want of exercise in the fulle state of old age than in any of the previous thees of life. Thousands in whom the exercise of the mind to workfully of the Book their 80:

the defect of activity of the books theyear in and to this go: and wen 100 year in an aver Chair, on in that flate in which they are said to be bedridden; who are totally distitute of the vicinity this time they eat heartily and Help well. It was would seem in these cases as if the habit of living rendered the hystern less Dyserdant upon the Stimuli which game the first impulses to life the anothers of life. Perhaps too the airimony



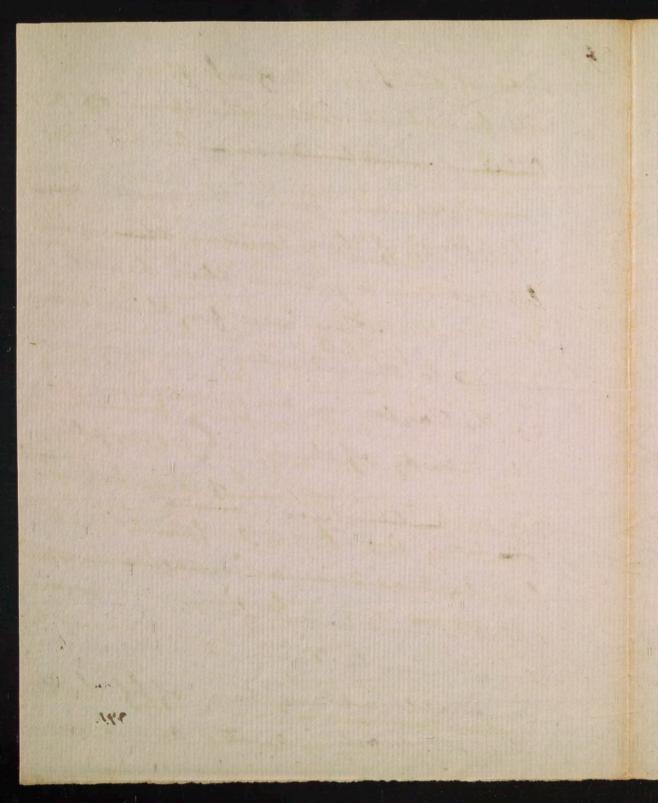
of all this lesstions & excretions arguined by age, may empphy by their ltimulating fralities the absence of the ltimulus of exercise. -



139 without the Support of a Staff of what will be much letter the home of a Clied, a grand Child, on a Spriend. Women, from the greater exisinitabilly of their hysterns, the require les exercise to presure this health thou onen. They were for this reason destined to the reductary employment of the Taylor in ancient Rome. The activity of their minds supplies In a Degree the exercise of their bodies.

Domestic intellers, labor, Domestic

The Walking, Dancing, and riding on homelack and in a Carriage are the exercises must proper for them. They Should never be dispensed with when musticable at any time of life, but & Thay are most indicated about the



age of publity. It is at this time the female Constitution is formed, & from the manner in which it is spent depends the future health. on Sichlines of a broman. Let no Day but letween the ages of 14 and 20, pup therefore without a walk, or a side in the open air, and when this is forbidden by bad weather let a Double portion of Domestie labor consisting in making buts, unbling furniture, twomen derive the some advantages from smaking readings higing that have just now been excelled to traps and it for this was on pro-- bably that they are more Disposed by nature to all of them than men. a vilent wooden Taciturnity & bad hunth as generally go together in a Woman.

Actor Control of the second The second secon Comment of the second of the s A STATE OF A STATE OF THE STATE quick to got to and the and the second s The state of the s Marine American Commission of the Commission of and the second s A distance of the second secon

If they are less agreeable or instructing in the use of this organis and vivie de spettings they should be spettings to inquire whether they are not mode so by the rughest of their chreations, or by making stace it to consist in anom. - Irlishments rultur Than in Just principles and meful knowledge. Stroives men enter from this litting posture, and often from pressing this deshi with this breast or bowds in writing. By the exercises of their eninds, they abstract Housty newous influence to newpary to the health of every part of the body from the touch of the body & articularly the Stormach, and the from the lower limbs. This bodily exercises of Course

vin favor of watking. It was the principal more of exemise of a Sut of philosophers in Greek, who obtained from it the name of Perisportations. It not only equalities the existement of all the equalities the existement of all the empowers aids the existences operations in our of the mind, but it are taught, in our closes, but we track ourselves in our Closets, but we track ourselves in our

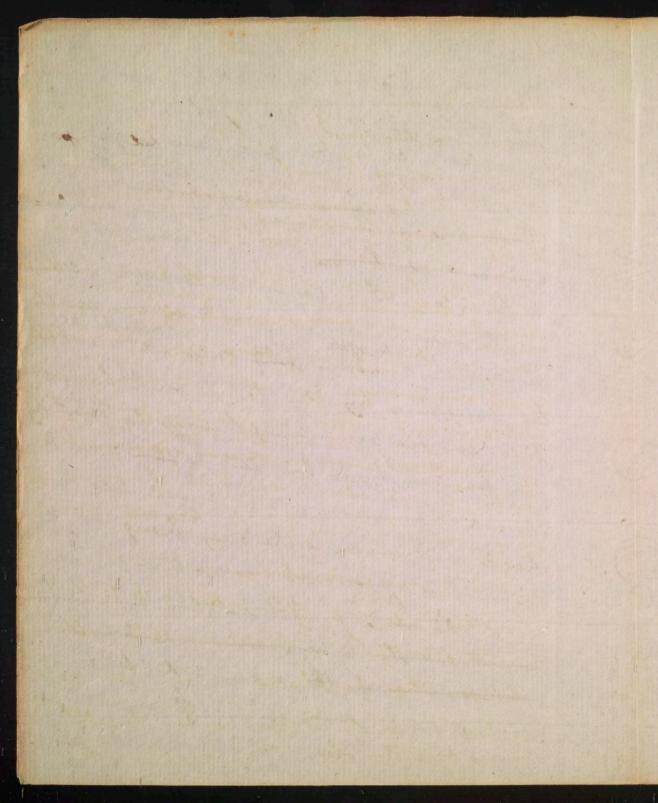
thouto be such as are calculated to restore the equilibrium of newours influence to the every part of the body. They should be walking, jumping, foot ball swining, Stating of sawing wood, and riding on wining, Cutting of sawing wood, and riding on horseback. The the that are properly soft for soil of the same enemies will the canally soft for for your who press we fed antary Occupations of all kinds in which the flowers to bowels & lower limbs are in a papine flate. In ex: though be taken to relieve the arms which have been occupied by war in businep, by men exercises. Thus the among a printer a taylor or thrownship and of all those muchannies Wartificers who work exclusively with their anns thould complay them in the intervals of their labor in putting bood or sawing wood - or

and application of the street The second while the day of the property of the said Series of the se 141 in rowing, digging in a garden , or implay. = ing at quoits or goff. By these means all the somecles will be brought into Detropped I will be brought into Detropped and ignal through he imparted to them.

This Change in the amployments of bets. = firm of all kind Similar advantages would attend a Change in the exercises or labors of artificers of all thinds of the thing Carpenter would kind. The mason and Carpenter would be strengthned by the labors of the howest field, and the same benefits would be sinjuyed, the James from his taking the now & There a hammer and a trovel into his hands and repairing the dream brought by time upour his bonnot and barre.
Upour his bonist kinds of sea that have been the the propen merationed throw he arrows and to the predisposition of the pressures who labour

under puntiar predisposition to certain dis:

= senses that he that noticed in another place.



Having swommended eiding on Hossebuck as one of the first and best moder of exercise bon mounting health, the reader I hope will not be offended by at my hely orining to this Chapster a few Directions borpreser. -ving the health of the world arisenal that
that is to the instrument of ingelitio from this
to which we was to much of our own.

Les our him many others obligations. Plus
we over him many others obligations. - 2 we was interest agriculture of Commerce, pleasure and interest are all him believes, but

found my petition for a place this

Jesticial as place in these places appear

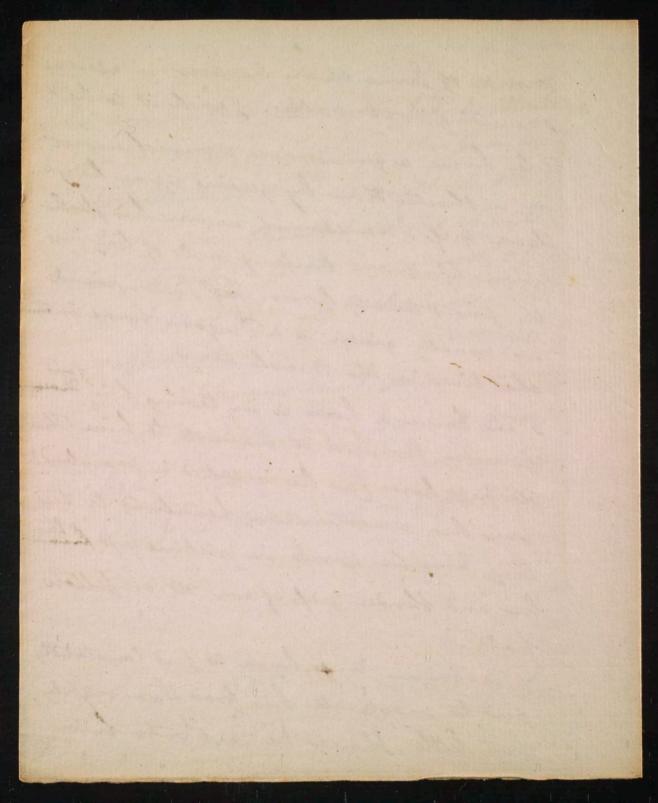
directions I am about to deliver chiefly upon his Contributions to the health of man 1 a home fundo always inclines to ext constantly. He is compelled to do so by the small lise of his Stomach. It is newpory therefore that he thould always have auf to food when he is not under the laddle, nor in harresp. The reason why

and some of late from how have marked of land - . The premoting handelles the was we I shape ministration and a contra of some show to their Granter a few directions of for forming with the fueles of the north formation that and heave many some white at one . I have Construction of the Construction of the Secretary of the second of the s The second secon and your above to deliver Angles regions the compact from the late that of many I a firm perdamenter in this is ear makesty - he is competed to do so by the hadring the systemical and to mil your thought what he thought should make winds Me for him he is your first to the party In lange to the state of

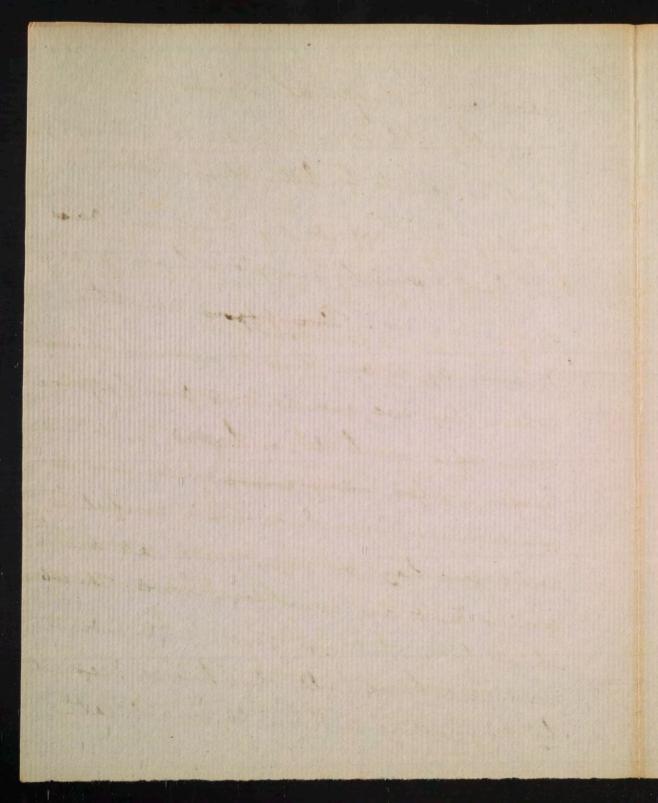
142 home in this Country lose their flesh after frist of war and after the frist of him the frist of home with the Country is business the first formation is business the first formation in business of the first country is business of the first country in business of the first country is business of the first country in business of the first country is business of the first country in business of the first country is business of the first country in business of the first country is business of the first country in business of the heat of the Sun drives them to tech are kept from fuding com = stantly by the heat of the from Driving them to such the Shade and by the annoy: - and of flies. Both these causes operate in the frite, and the latter in a Stable with open windows. To obviate both, a home Thould be kight in a duck flathe in the day time, and let out to pasture only in the night. The heat of a dark ftable is life hustful to them than the liting of this, and the right protects him water from both this and the heat of the Jun. as a Inoof of the correctness of this direction it has been umasked that or horse arguins were blesh and fatt in those weeks in the

V remembered, that the Stable though the darkned only when the flies are browbles arms to horses, at all other times they should be light should be let into the Stable by means of a glap window, which know the suglet of this direction many horses become blind in consquence of the violent impression of the light upon their eyes when they are frist taken out of a stable.

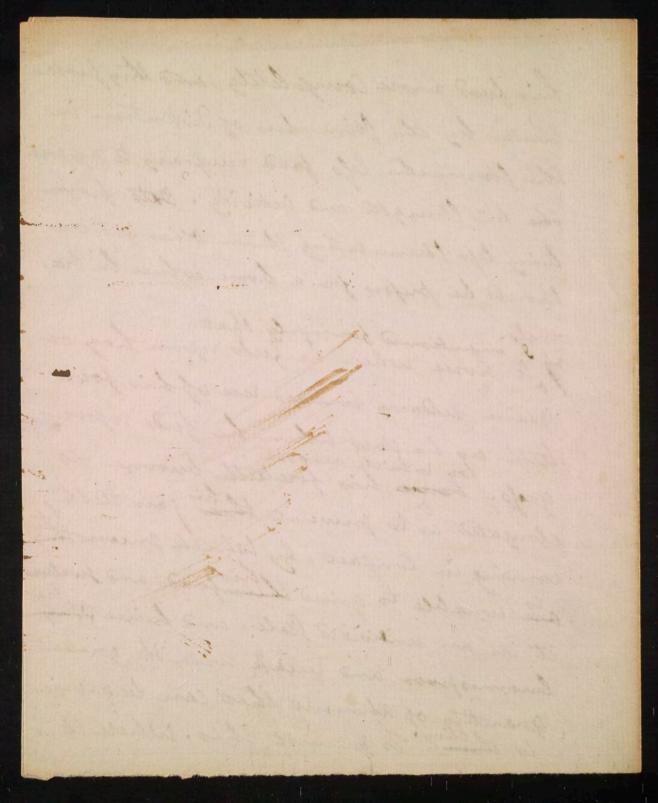
month of from than he does in all the succeeding hot months. I wish it to be V 2 a horse arquires more wourishment in a shorter time by feeding upon hay than grufs. He cannot preserve his flesh upon less than twelve pounds of hay in the four & twenty Louis. Tip lixtum pounds are usually given to a Dragoon house in the What time in the British army. I food 2000 is I taking his 2000. the more thought it imparts to him . The 00 file horse (us he is called in manyland) owes his uncommon hasilind to the long time he younds in picking up Lithe low and thender grap of an own or fallow 4 To induce a for horse to feed Constantly, and to mastricate his food thoursughly, but little Should be just into his



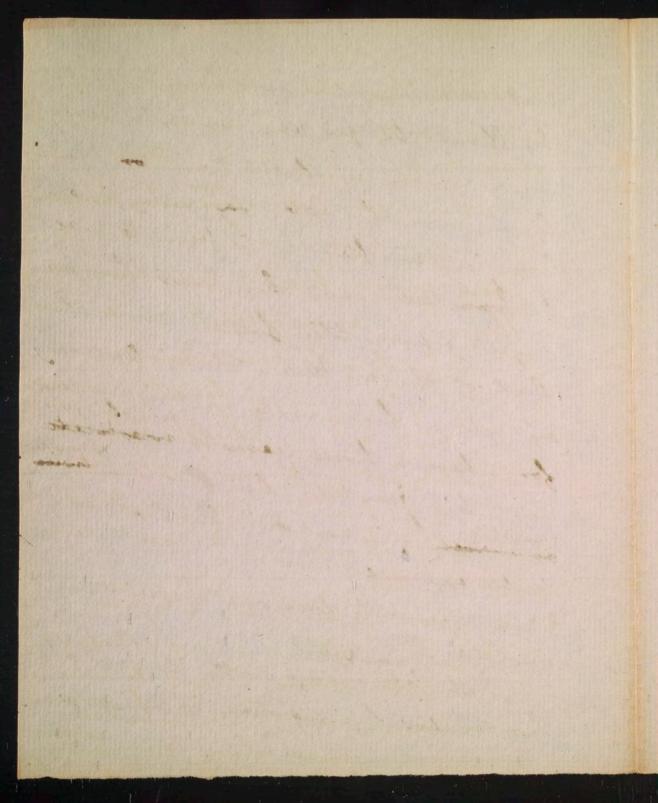
rack or manger at a time 5 00 hay is better than men, and timothy grafs is said to be better than Clover. 6 Intian Com affords the most, and Oates the bast womishment to a horse of any of the grains. They afferd all the grains afford one third more romishment when they are ground, and one halfmore when they are briled, or baked. In Thelland houses are fed with avers with grain made into a Coarse bread. It is insepret to mit out hay, or than with all they grains that are given to a horse. The ab thouto be ground, and given with Indian Corn to a horse. all thise Substances out by compelling a home to masticate



his food more completely, and they further wow by the Stimulus of Distention in the Comuch life food muspary to support the his Changth and activity. Outs from being less limelating than other grains though be prefers for a house when he tree: The horse when he feets upon hay on grain wakes un of his fore teeth as he does when he feeds upon graps, books his foreteeth burne to elongated as to prevent their ; our teeth coming in Contact, by Which meansthy are unable to grind their food, and twellow he it in an unlivided State, and hence they burnes pour and break with the quetest quantity of alment that can begiven to them. To prevent this, where it is



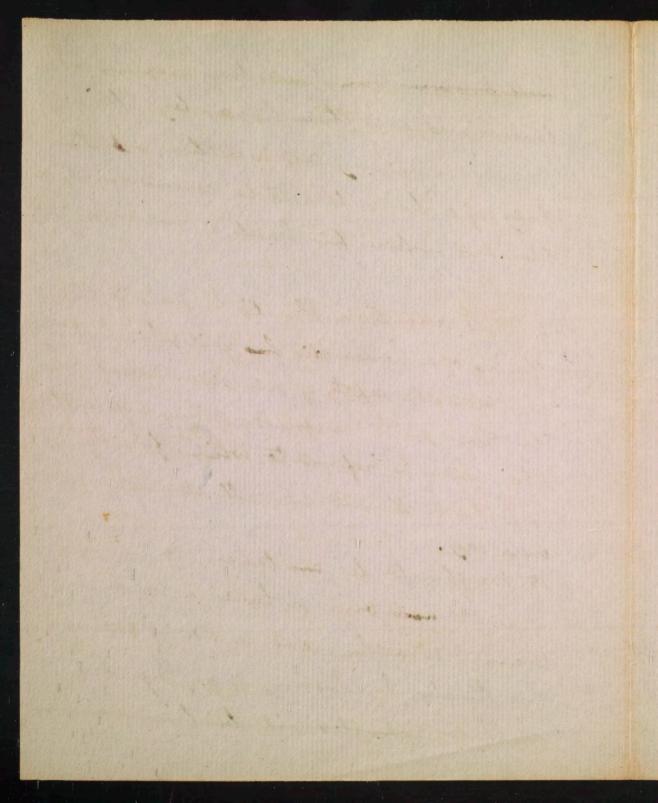
not comment to send him to pasture, he thouse be fed once or twice every with upon unshelled Com in thatis Com upon the Col. By feeding upon Come in this thate he is forced to use his jone teeth, and then keeps them from Injuting from this Sockets above the level of the jan teth. There is Ownerny for where a house ceases to markets
with his jan teeth, he consume to markets
quartily of it and & is thus kept at a 8 the Oftner the food of a horse is Changed double expense. g a little falt arrises with the food of a home helps his digestion, & obviates Woms.



10 ashorse thouse drink twice a day in Winter and three times a Day in hummer While les Whim kept in a Stable. 11 The should stand upon and town flower floor, or marky so in aftable. a Dulivity before descending from the manger, although it former the descent of the thine fatigues a horse by throwing an under proportion of his bright upon his himd higs, which Disprous them to hull, also to a Discase Any in bir feet in them, known by the Trame of the Scratches. The Unive Should be muse to pup through a hole into the ground under his belly. 12 a warm Stable in winter is favorers belle to the health and flish of a home. It saves food, for in a Cold Clather he cats to keeps himself warm. The Germanain Pince in Pennsylvania to whom this planties

the state of the s Charles in the Market State of the Contract of

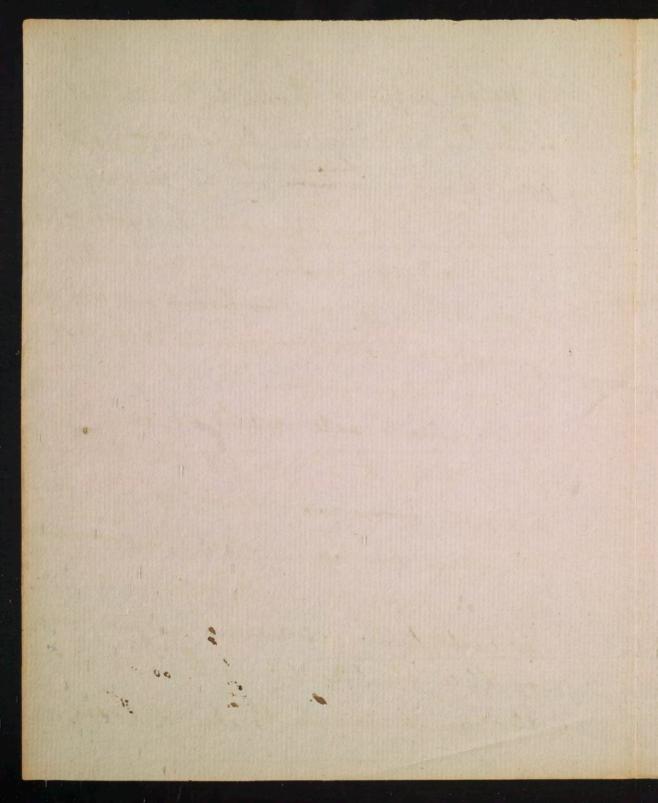
will home long profitted both Ununclus and their horses by this practice. In way coo weather, and the body of a horse thouto be covered with a blanket, where his Stable is not sufficiently 13 quat attention should be paid to the thoring of a horse. His has gaits this health, and Often the lafety of his sides Depend upon id. For some unful directions upon this the reader is referred to white; farriery. 14 à horse shoute be well cleaned touried 15 the should be can taken to a stream of water and once or twin a buch in warn weather, and made to exercise his lineles by dirinning. By this mens muster will be brought into



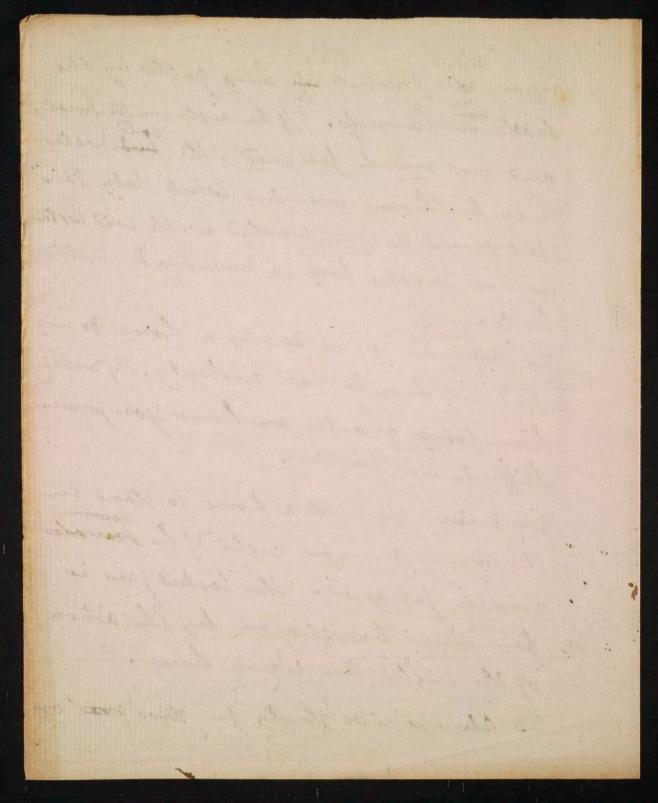
action which are sell are musty papers in his ordinary, and new actions will be given to his muscles and his health to Strength thereby be improved. The Swimming will further serve to wash his Skin. 16 He thould used tenderly when he is thed. - Ding his Coat, being weaker at thattime It are at any other Leason of the year. 17 In performing a Phort Journey of thirty or forty miles in a day, a horse thould which are performed which are performed poursies the should eat grain emperately During the hould cat grain emperately During the day, and plentifully at night. This will be the more newpary from his not having time enough, to eat as much hay on graf in the day time as will be sufficie = ent to fill up his blood befsels, be keeps up his flesh.

the state of the s A THE RESERVE THE PARTY OF THE and in the substitution of the same to the same of LE BALDER BURNER BURNER BURNER BURNER BURNER BURNER The state of the same was a same to the same of the sa The party and a second and the Charles of the contract of the contrac and the first of the same of t there was the same of the same - street to the second was a court of the second

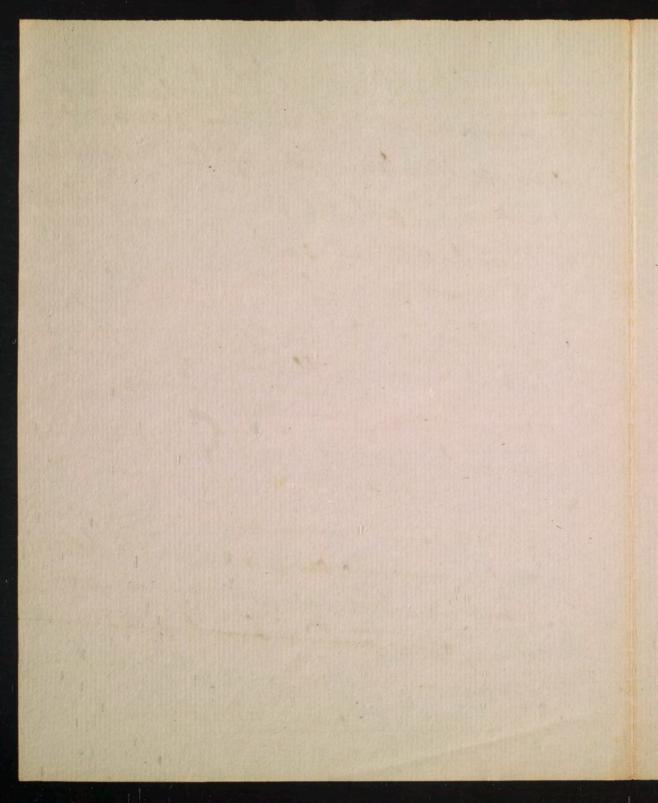
18 never suffer a horse to Drish well or fring water when he is warm. It produesa rhumatism in his feet. Unning water in Summer, and when Cold in winter from the horse's fut coming in Contact with it before he dvinks) seldom injures him. 14 Fite should well nibbed at every flage in travelling. It removes fatigue by reat: = citing the films and emiscles of his himbs. 20 always take off the Suddle or harness from a horse when you thops to bud hims - It cooks him and makes his rest more and buast cold complete. washing his back with cold water , or throwing a breket of Cold water



upon it, prevents it being galled by the Sable or harnep. If he wet with Sweet, and not much fatigued, the tot water may be thrown over his whole body. His feet thousa be often washed with cold water in hot weather both in bravelling & in the Stable hand priving a house do not 21 after riding, or driving a house do not punit him to nest suddenly. By walking him for a quarter on hour you prevent Stiffness and Jourden. 22 herer permit a house to stand in the open air after night if he pends much fatigned. The locked jaw is formationes brought on by the action of the Eright air up un him. 23 always ride Howly for thoo mis on

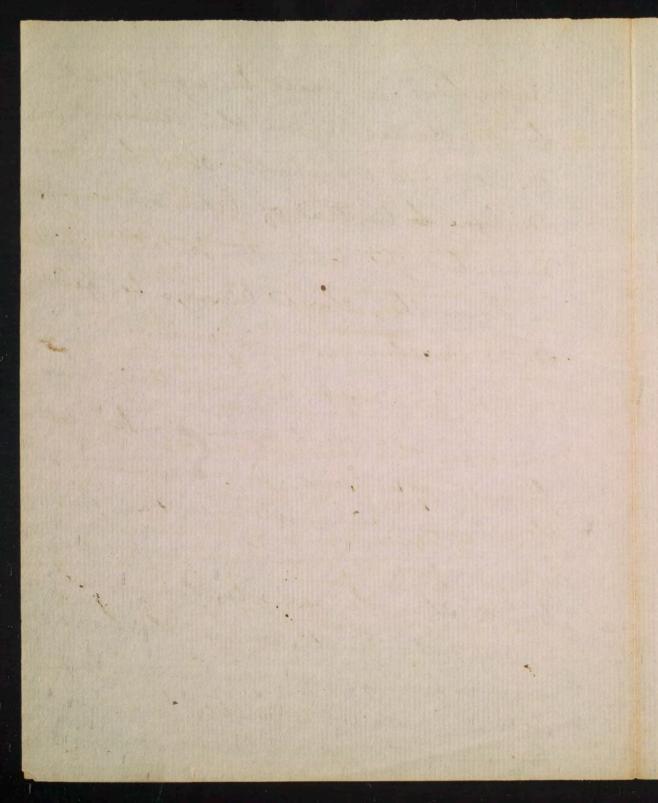


thus miles after you have a stage, also you for Spottand they up and down a hill. The feeteb people 149 express the latter part of this Direction in Vesse." up hill I down hill gang slow. is Find well & rub sare " and son aplain runs Hare. 24 Throw as much of your wighters in riding the thrown of a house. Henry haggage pland our his kidnup is always hurtful to him, especially if his gait be a trot. 25 It is common to advise siding with a tight rein, in order to prevent a horse's the tarbling, but late loriters upon Jaming the be cause of the blumble. The Jamous wor John history with many Thousand miles every year with thereins



of his bidle thrown over his horses heck, without his thrown from his home without his home marly has able to read with as much ad = - vantage as if he were in his thidy. 26 Homes propep a borial principle inahigh Degree more experially with of them as are good tempered, but thier foriety is very limited. An hundred hours in a field pair themselves frais the worders, which pair feed and Drink together. Two horses that have bravelled a along live with each other, and are afterwards lorefined in the same fitte pasture will selow leave each Other, even though one of than is addicted to haping fences. a house therefore always travels the better for his Companion by his file, or

before him. It would be a good practice for gentleman Upon this amount, who travels with a servant to Oblige him to vide before to instead of behind him. To -Derive bestefit from this forial principle in horses they should always be fedde Habbi together upon a jonney. 27 The found of a human Voice has an agreable effect upon the Spints de Stringth of a horse. On experience plonghman One too me, that his homes performed with twice as much Spirit when he sang to them, as when he did not. In this respect the horse is. upon a footing with the human spices. Joldies march with Double Spirit with the Proise of the fife and Dann Journding



in this cars. 28 If a horse flag, near the close of a mind with his tood, in journey, andent prints or porter will reexcite his fluenth. They thout be given at no Other time, for this good effects are transient contion, banky enflicient to transient contion, banky enflicient to him him to the end of his journey.

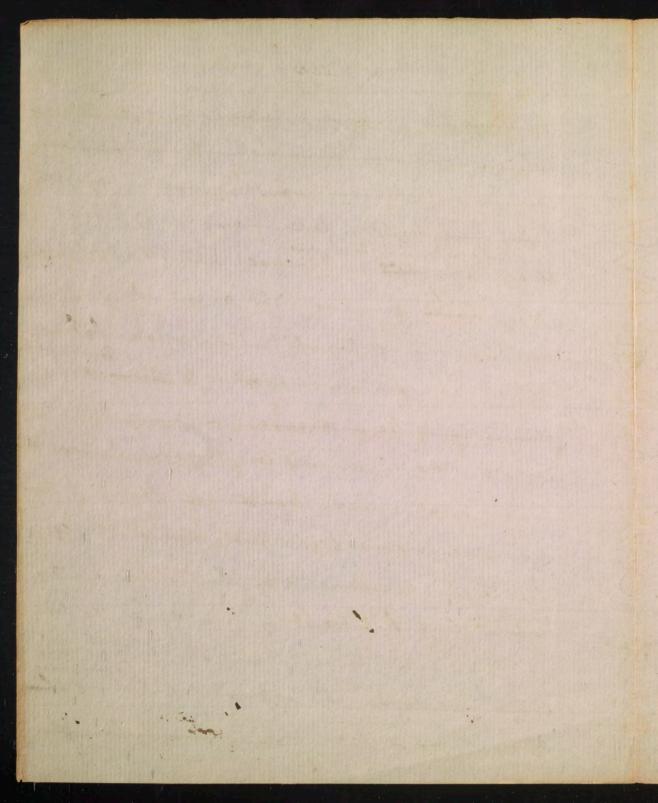
Samy a Conspil attention to principle attention to principle attentions

of which is . C. to the end of his journey. Losses in this Country are often worn out or walls at thirteen or fourteen years of agenty may be kept alive to fit for service, for twenty or five and twenty years, much to our benefit de the crait of humanity.

the the land the mean he was the Congression historical friends on fire the second received the flering the . They then I be given the we come have for their good offer war. a a thing in any appears of Egg-Burn may be here above see the for force for burnty or fine in the state of the same of the same

of Sleep

aming the many paradores in little with which moremen times have termed, for have hun more abound that that parties of The helif had hy The late marginis of bidocet has taken pains to move a disease, and that philoso. It at fleip with a disease, and that philoso. - plry will and day find a remedy for it. In the mesent Constitution of our betres that day connever arrive. Amit Amit it to be a disease, her somes That he said it was a mondy for disease, he would have been more consect. To Happile for us, it removes light indispositions by equa. - Civing the existement of the Lystern - it reviews that Substance or quality in the body of life - its choice its restores it dipolvis the aparations of ideas, which in a whom the



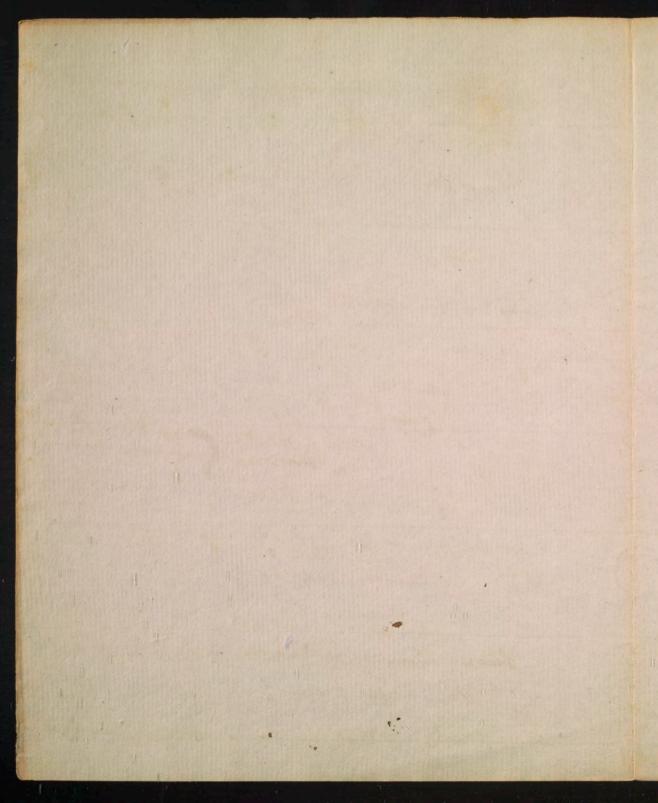
trind is harden the influence of a durable papione homed for in a hundred insternes produce dorangement, and it restores the Understanding and moral faculty to this clivated & preminent Seatoin the mind & thus prevents both disease and vice billions Slige and hope man pays ma hant) would be the most mispable Creature upon the face of the exitte " the hispean; This amount of thep is expreped in more history of it given by the great philosoppher is well as poet of nature, thatipus. " Sleep - knits up the revelled fleeve of care. - Sore labors buth, "Bahn of bust minds, quat nature, Second Course. Well therefore has ma Kant said " without Slup & hope man would be the most miserable

and the same of the same with the same for them buth, and the second second second

Thate wow deliver some general rules upon this Subject.

I They thous never exceed by to wight hours in the trouty four. Persons inhealth nuer require more, and many people was enjoy good health with lep. The celebrated my fivesely slept but Sixhours in the twenty four ming the quatest hart of los active life which lastestill was records the was many 86 years, house there was names of many pladious men who have hired long and in health upon wen less Slups that the the degrees of it which have been enertioned.

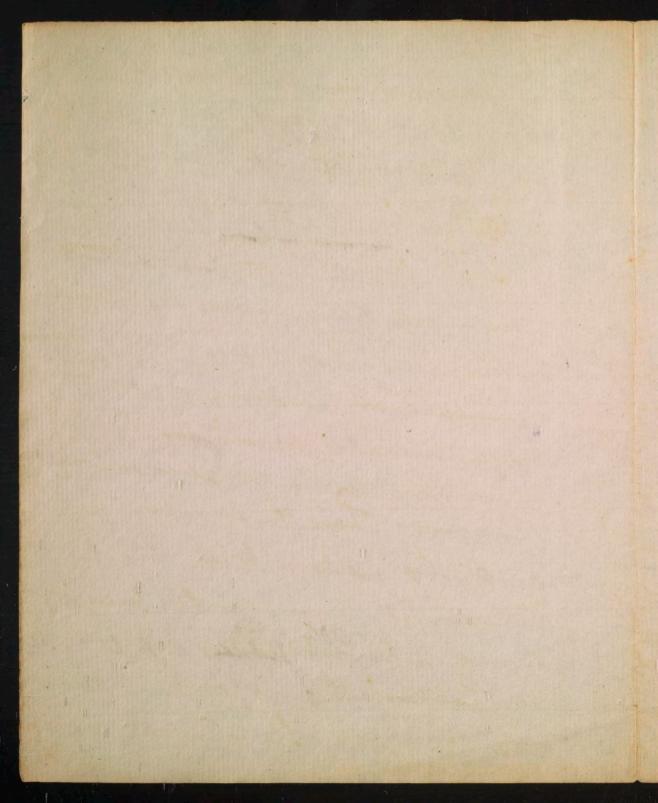
2 Shep should be taken Great advantages to health will arise from going to bed at an early hour. The hystern about



I allock und occors a flight passon by this means to repose After the imprefrious of the day have exhausted its natural Stock of excitability, and before it water is exposed to the artificial stimm - hi of bludy, Company or thong drink. He a vennehent postere of the body forours this flate of the Lystern, and Impares it for the recuits of flup. By going to bed early, we are enabled to rise with the browning favours tridy and business, and is there the regularity of the exerctions to be mentioned here. = after, all of which conduct to health. The late Low Enemsfield who was very attentive to all the assessmentances that mounte longevity, once remarked that

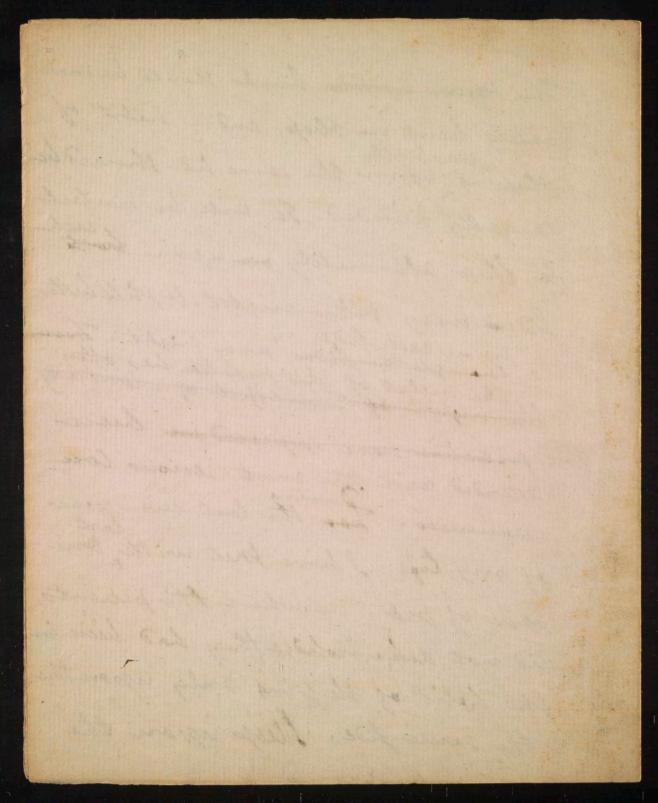
and the state of t

he had never known a long lived person who was not an early riser. an advantage will be derived from going to bed and vising at the same hours.
The Systems and but to them, by
Which means they better because to the place in an cary and natural Inhuner. 3 The In the Savnet State Slugs is safe & agreeable with the head in a horizontal line with the body, but civilized man regimes for the requires that his head Showed be somewhat chrated above the Thoulano. a pillus serves this purpose, from habit that a faithle, a file of haves, noto and even a stone are Sometimes resorted to to supply its place.

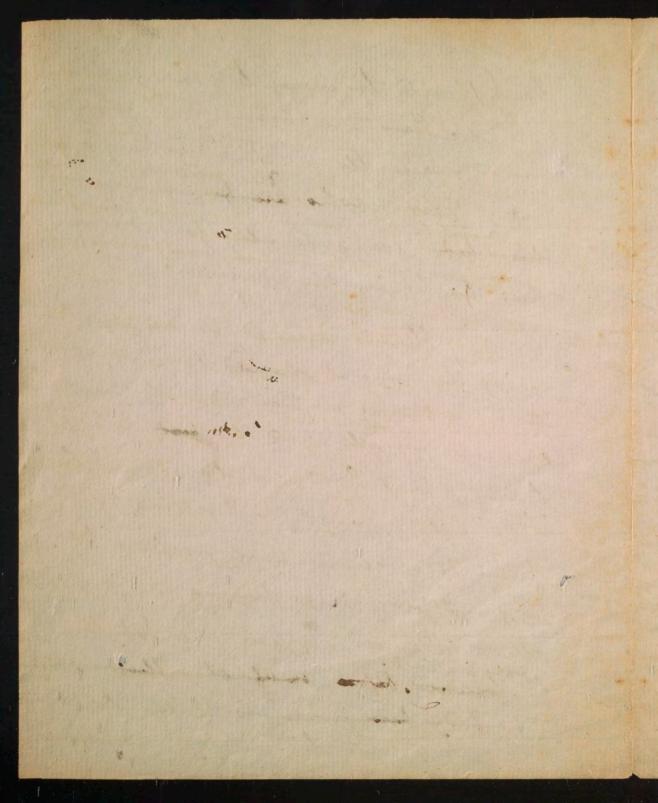


The laws syspes limbs should be mode. - rately bent in fleep, and a habit of wonstantly the same lide thoughter the same lide thoughter Carefully avoided. It will be useful to flup alternatity on upon forthe live every often night, & Still better to upon early live wery right. From to the right of this practice has often the right of this practice has often the right of this effects of a touthary practice have appeared in been attended with the envet desions Con.

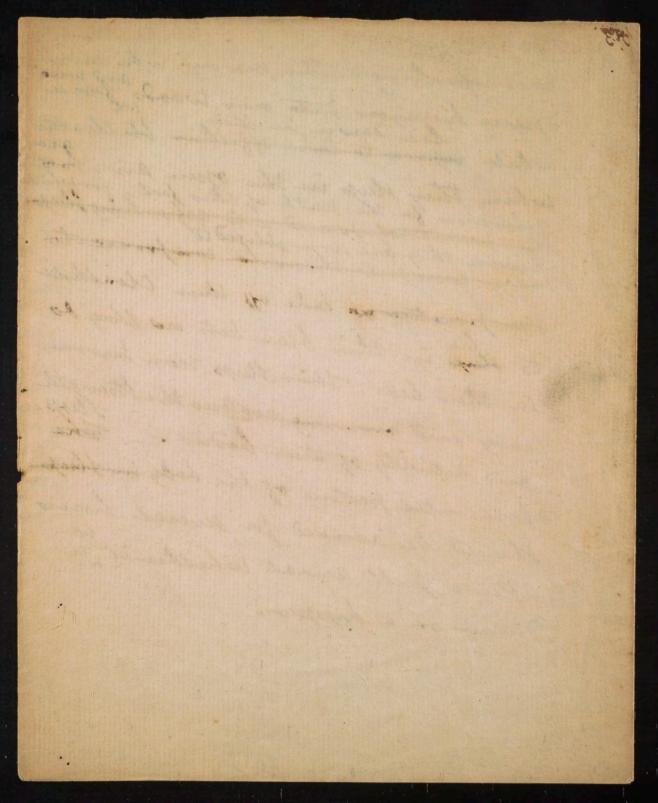
= requences. For the last sum years
of my life, I have best with one lase of pulsy in which the patients did not acknowledge they had been in The habit of sleeping only upon the the same fide. Sleep upon the



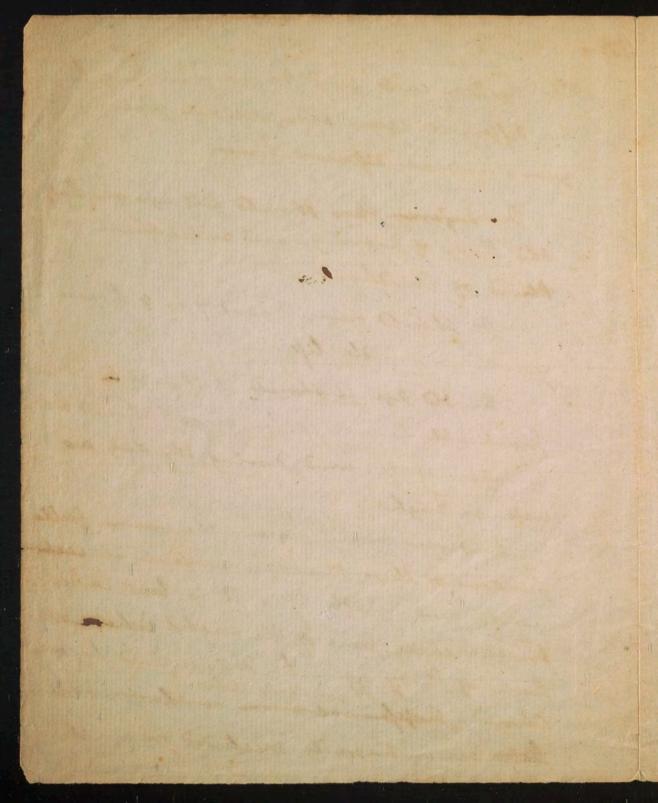
buch thouto lihivise be carefully avrided. Bus the right more attachs most frequently in this posture of the body. Persons who are formed whead in the little found upon their backs in the envining I when thep is required, or indulged in During the Day, it should be best to take it in a litting posture with the ruch as exect as popula, and the fut lower links pland horizantally upon a Chair. This will prevent the builling of the fut. It a recurshent prosture be mejeria for a rap during the day, all the ligatures upon the body thould he birty unlosed. before in life this flags is them The body have from its Unless this he Dane, Slup will be uneary, and follows



not refushing. The persons who aurung who is for a sown in their ble Clouther while refuse to take off their ble Clouther gre when they they in the open his fast, for which your ches for the truth of this fast, for which the board of toward wind cefee hing fleeps to see they are worn obliged to to to toward they are worn to the toward toward to the toward toward toward to the toward t the practice of take of their Cloubteste to their blanchets on they do in their beds. This Huss then becomes ency and wiving austones the therethe and activity of their bodies . _ the abvirontal postine of the body in Hup Thould be avrided for several hours after a full mad whether it, a Dinner or a hypper.



133. The Lystern calls for different portions of Sleys in different ages, occupations ofeasons of the year , and at different times. In Infarrey fleys should fill up one half the time of Infancy, and more than a third of Chirdhood. It should never exceed y or & hours in youth or middle life. -In oa age it should it should, be when practicable, be much longer. It should be be taken early, and during the day as well as right. Studious men require the same full portions of Plups that are newpary in such youth and middle life. It is best taken in the carly part of the right when the hours of Stridy can be determined by our Choise. Referenced man in the thrutes the on unhappiles puelided from this



conformity of their Systems to nature, but they suffer life from suglesting it from The Constant exercise of their bodies during the day. Labourers of all kinds eignire sween or eight hours Slup. -Doring the bong In consequence of the greater eagend there of the flower, the of the body by the more active labors, or more active exercises of winter, and by the labors and heat of Summer, more flups is any just those seems than in the Issing and austremal months.

